

October 2026

SNACK MENUS



Central &
Eastern Europe



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Zapiekanka (Polish Open-Faced Sandwich)*	2 Soft Pretzel String Cheese	3
4	5 WGR Wheat Thins Milk	6 Cottage Cheese Peaches	7 WGR Goldfish Crackers 100% Apple Juice	8 Rice Cakes Sunflower Butter	9 Snap Peas Cheese Cubes	10
11	12 Radish Salad* Milk	13 Yogurt Raspberries	14 Animal Crackers 100% Grape Juice	15 WGR Triscuits Carrot Sticks	16 Edamame Hummus (CN)	17
18	19 WGR Goldfish Grahams Milk	20 WGR Popcorn Applesauce	21 Raisins Celery Sunflower Butter	22 Surowka (Sauerkraut Salad)* Milk	23 Ritz Crackers Bell Pepper Sticks	24
25	26 WGR Snack Mix Milk	27 WGR Zucchini Bread Milk	28 Grilled Peaches with Balsamic Vinegar* Milk	29 Cheeze-It Crackers Blueberries	30 Pretzels Craisins	31

Notes: 1 year olds receive unflavored whole milk; 2-5 year olds receive unflavored skim or 1% milk; 6 years and older receive unflavored or flavored skim or 1% milk. Fluid milk substitutes may be served with appropriate documentation. Juice is 100%. WGR indicates whole grain-rich. This institution is an equal opportunity provider. *Find CACFP-creditable recipe on myfoodprogram.com.