



CVK Snack Menu – October 2025

(Ages 1–5, CACFP & Community Care Licensing Compliant)

Week 1

Wed Oct 1

- AM: Teddy grahams ($\frac{1}{2}$ oz eq, ~8 pcs) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Cheese cubes ($\frac{1}{2}$ oz) + Ritz crackers ($\frac{1}{2}$ oz eq, ~4)

Thu Oct 2

- AM: Goldfish ($\frac{1}{2}$ oz eq, ~14 pcs) + Orange wedges ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Strawberries ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Fri Oct 3

- AM: Banana ($\frac{1}{2}$ small) + Graham crackers ($\frac{1}{2}$ oz eq, ~2 cracker sheets)
- PM: String cheese ($\frac{1}{2}$ oz) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Week 2

Mon Oct 6

- AM: Mini bagel ($\frac{1}{2}$ = $\frac{1}{2}$ oz eq) + Cream cheese (1 Tbsp)
- PM: Grapes ($\frac{1}{4}$ – $\frac{1}{2}$ cup, quartered) + Ritz crackers ($\frac{1}{2}$ oz eq)

Tue Oct 7

- AM: Crackers ($\frac{1}{2}$ oz eq, ~5 pcs) + Pear slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Teddy grahams ($\frac{1}{2}$ oz eq)

Wed Oct 8

- AM: Cheerios ($\frac{1}{4}$ cup dry = $\frac{1}{2}$ oz eq) + Banana slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Cheese cubes ($\frac{1}{2}$ oz) + Whole grain crackers ($\frac{1}{2}$ oz eq)

Thu Oct 9

- AM: Graham crackers ($\frac{1}{2}$ oz eq) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Strawberries ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Fri Oct 10

- AM: Ritz crackers ($\frac{1}{2}$ oz eq) + Orange wedges ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: String cheese ($\frac{1}{2}$ oz) + Grapes ($\frac{1}{4}$ – $\frac{1}{2}$ cup, quartered)

Week 3**Mon Oct 13**

- AM: Goldfish ($\frac{1}{2}$ oz eq) + Cucumber slices ($\frac{1}{4}$ cup, peeled)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Banana ($\frac{1}{2}$ small)

Tue Oct 14

- AM: Mini bagel ($\frac{1}{2}$ = $\frac{1}{2}$ oz eq) + Cream cheese (1 Tbsp)
- PM: Cheese stick ($\frac{1}{2}$ oz) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Wed Oct 15

- AM: Teddy grahams ($\frac{1}{2}$ oz eq) + Orange wedges ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Graham crackers ($\frac{1}{2}$ oz eq)

Thu Oct 16

- AM: Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup) + Ritz crackers ($\frac{1}{2}$ oz eq)
- PM: String cheese ($\frac{1}{2}$ oz) + Strawberries ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Fri Oct 17

- AM: Banana ($\frac{1}{2}$ small) + Cheerios ($\frac{1}{4}$ cup dry = $\frac{1}{2}$ oz eq)
- PM: Cheese cubes ($\frac{1}{2}$ oz) + Grapes ($\frac{1}{4}$ – $\frac{1}{2}$ cup, quartered)

Week 4

Mon Oct 20

- AM: Mini bagel ($\frac{1}{2}$ = $\frac{1}{2}$ oz eq) + Cream cheese (1 Tbsp)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Pear slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Tue Oct 21

- AM: Graham crackers ($\frac{1}{2}$ oz eq) + Cantaloupe chunks ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: String cheese ($\frac{1}{2}$ oz) + Goldfish ($\frac{1}{2}$ oz eq)

Wed Oct 22

- AM: Crackers ($\frac{1}{2}$ oz eq) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Grapes ($\frac{1}{4}$ – $\frac{1}{2}$ cup, quartered)

Thu Oct 23

- AM: Banana ($\frac{1}{2}$ small) + Teddy grahams ($\frac{1}{2}$ oz eq)
- PM: Cheese stick ($\frac{1}{2}$ oz) + Ritz crackers ($\frac{1}{2}$ oz eq)

Fri Oct 24

- AM: Mini bagel ($\frac{1}{2}$ = $\frac{1}{2}$ oz eq) + Cream cheese (1 Tbsp)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Strawberries ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Week 5 (partial week – end of October)

Mon Oct 27

- AM: Graham crackers ($\frac{1}{2}$ oz eq) + Orange wedges ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: String cheese ($\frac{1}{2}$ oz) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Tue Oct 28

- AM: Goldfish ($\frac{1}{2}$ oz eq) + Banana slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Graham crackers ($\frac{1}{2}$ oz eq)

Wed Oct 29

- AM: Teddy grahams ($\frac{1}{2}$ oz eq) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Cheese cubes ($\frac{1}{2}$ oz) + Ritz crackers ($\frac{1}{2}$ oz eq)

Thu Oct 30

- AM: Goldfish ($\frac{1}{2}$ oz eq) + Orange wedges ($\frac{1}{4}$ – $\frac{1}{2}$ cup)
- PM: Yogurt (2 oz / $\frac{1}{4}$ cup) + Strawberries ($\frac{1}{4}$ – $\frac{1}{2}$ cup)

Fri Oct 31 (Halloween 🎃)

- AM: Banana ($\frac{1}{2}$ small) + Graham crackers ($\frac{1}{2}$ oz eq)
- PM: String cheese ($\frac{1}{2}$ oz) + Apple slices ($\frac{1}{4}$ – $\frac{1}{2}$ cup)