



# YMCA AFTERSCHOOL CARE

## OCTOBER MENU



This institution is an equal opportunity provider. Menus are subject to change.

### Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Chex Strawberry Yogurt Mix <sup>(WG)</sup> 100% Fruit Juice	<b>6</b> Baked Chips <sup>(WG)</sup> 100% Fruit Juice	<b>7</b> Breakfast Bread <sup>(WG)</sup> 100% Fruit Juice	<b>8</b> Fruit Yogurt 100% Fruit Juice	<b>9</b> Reduced Sugar Cinnamon Toast Crunch <sup>(WG)</sup> Assorted Skim Milk
<b>12</b> <b>Columbus Day Holiday</b>	<b>13</b> Chocolate Chip Granola Bar <sup>(WG)</sup> 100% Fruit Juice	<b>14</b> Cheez-Itz <sup>(WG)</sup> 100% Fruit Juice	<b>15</b> Chocolate Chip Muffin <sup>(WG)</sup> 100% Fruit Juice	<b>16</b> Reduced Sugar Lucky Charms <sup>(WG)</sup> Assorted Skim Milk
<b>19</b> Chex Strawberry Yogurt Mix <sup>(WG)</sup> 100% Fruit Juice	<b>20</b> Baked Chips <sup>(WG)</sup> 100% Fruit Juice	<b>21</b> Breakfast Bread <sup>(WG)</sup> 100% Fruit Juice	<b>22</b> Fruit Yogurt 100% Fruit Juice	<b>23</b> Reduced Sugar Cinnamon Toast Crunch <sup>(WG)</sup> Assorted Skim Milk
<b>26</b> Chocolate Chip Granola Bar <sup>(WG)</sup> 100% Fruit Juice	<b>27</b> Cheez-Itz <sup>(WG)</sup> 100% Fruit Juice	<b>28</b> Chocolate Chip Muffin <sup>(WG)</sup> 100% Fruit Juice	<b>29</b> Baked Chips <sup>(WG)</sup> 100% Fruit Juice	<b>30</b> Reduced Sugar Lucky Charms <sup>(WG)</sup> Assorted Skim Milk

**Snack Schools:** Center Hill Elementary, Hernando Elementary, Hernando Hills Elementary, Oak Grove Central, DeSoto Central Primary, DeSoto Central Elementary, Pleasant Hill Elementary, Lewisburg Primary, Lewisburg Elementary

### Super Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> Cheeseburger <sup>(WG)</sup> Tater Tots Chilled Fruit Assorted Skim Milk	<b>6</b> Cheese Pizza <sup>(WG)</sup> Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	<b>7</b> Grilled Chicken Sandwich <sup>(WG)</sup> 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	<b>8</b> BBQ Pulled Pork Nachos <sup>(WG)</sup> Zesty Salsa & Chips Chilled Fruit Assorted Skim Milk	<b>9</b> Chicken Tender Wrap <sup>(WG)</sup> 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
<b>12</b> <b>Columbus Day Holiday</b>	<b>13</b> Sausage, Egg, and Cheese <sup>(WG)</sup> 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	<b>14</b> Cheese Pizza <sup>(WG)</sup> Garden Salad Chilled Fruit Assorted Skim Milk	<b>15</b> BBQ Chicken Nachos <sup>(WG)</sup> Corn Salad Chilled Fruit Assorted Skim Milk	<b>16</b> Cereal <sup>(WG)</sup> & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
<b>19</b> Mozzarella Cheese Sticks <sup>(WG)</sup> with Marinara Sauce Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	<b>20</b> Chicken Tender Wrap <sup>(WG)</sup> Zesty Salsa & Chips Chilled Fruit Assorted Skim Milk	<b>21</b> Beefy Tater Tachos Garlic Toast <sup>(WG)</sup> Chilled Fruit Assorted Skim Milk	<b>22</b> Grilled Chicken Sandwich <sup>(WG)</sup> Baby Carrots with Dip Chilled Fruit Assorted Skim Milk	<b>23</b> Cereal <sup>(WG)</sup> & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk
<b>26</b> Cheeseburger <sup>(WG)</sup> Tater Tots Chilled Fruit Assorted Skim Milk	<b>27</b> Sausage, Egg, and Cheese <sup>(WG)</sup> 100% Vegetable Juice Chilled Fruit Assorted Skim Milk	<b>28</b> Cheese Pizza <sup>(WG)</sup> Garden Salad Chilled Fruit Assorted Skim Milk	<b>29</b> Chicken Nuggets <sup>(WG)</sup> Garden Salad Chilled Fruit Assorted Skim Milk	<b>30</b> Cereal <sup>(WG)</sup> & Yogurt 100% Vegetable Juice Chilled Fruit Assorted Skim Milk

**Super Snack Schools:** Horn Lake Elementary, Horn Lake Intermediate, Hope Sullivan Elementary, Shadow Oaks Elementary, Southaven Elementary, Southaven Intermediate, Greenbrook Elementary, Walls Elementary, Lake Cormorant Elementary, Chickasaw Elementary, Olive Branch Elementary, Olive Branch Intermediate, Overpark Elementary