

# MSF Weekly Snack November 10-14, 2025

## **Mon. – Nov. 10**

Apples & leftover Oranges  
Carrots  
Cheese cubes  
Ritz Crackers

## **Tues. – Nov. 11**

Bananas  
Cucumbers  
Walnuts or Almonds  
Veggie Straws

## **Wed. - Nov. 12**

Berries  
Pickles  
Pumpkin seeds & Sunflower seeds  
Club Crackers

## **Thurs. - Nov. 13**

Grapes  
Cherry Tomatoes  
Cream Cheese & Bagels (sub GF & DF)

## **Fri.- Nov. 14**

Leftover Fruit  
Peppers & Salsa *Carrot - 2g*  
Beans (Black & Chickpeas)  
Tortilla Chips

## **Junior Prep**

### **Monday:**

Prep Cucumbers

### **Tuesday:**

Wash berries  
Prep pickles

### **Wednesday:**

Wash Grapes  
Prep cream cheese on bagels  
(sub GF & DF)

### **Thursday:**

Prep peppers  
Prep beans