

# MSF Weekly Snack October 20-24, 2025

## **Mon. – Oct. 20**

Oranges & Apples  
Cherry Tomatoes & pickles  
Cheese cubes (sub DF)  
Pretzels (sub GF)

## **Tues. – Oct. 21**

Bananas  
Edamame  
Peanut butter on  
English muffins (Sunbutter for EC)

## **Wed. - Oct. 22**

Grapes  
Cucumbers  
Cashews  
Club crackers

## **Thurs. - Oct. 23**

Berries  
Snap peas  
Almonds  
Veggie Straws

## **Fri.- Oct. 24**

Pineapple  
Carrots  
Hummus  
Tortilla Chips

## **Junior Prep**

### **Monday:**

Take edamame out of the freezer  
Prep peanut butter on english muffins  
For EL & Jr ONLY (sub 1 GF)

### **Tuesday:**

Wash and prep Grapes  
Prep Cucumbers

### **Wednesday:**

Wash Berries

### **Thursday:**

Cut Pineapple