

# MSF Weekly Snack November 3-7, 2025

## **Mon. – Nov. 3**

Apples

Pickles

Cheese cubes (sub DF)

Pretzels (sub GF)

## **Tues. – Nov. 4**

Cantaloupe

Cucumbers

Nuts

Wheat thins (sub GF)

## **Wed. - Nov. 5**

Oranges

Peppers & Snap Peas

Hummus

Tortilla chips

## **Thurs. - Nov. 6**

Grapes

Carrots

Peanut Butter on Rice Cakes

(sub Sunbutter for EC)

## **Fri.- Nov. 7**

Pineapple

Sugar snap peas

Cream cheese on English muffins (sub GF

& DF)

## **Junior Prep**

### **Monday:**

Prep Cantalope

Prep Cucumbers

### **Tuesday:**

Prep Oranges

Prep peppers

### **Wednesday:**

Prep grapes (wash and de-stem)

Prep peanut butter on rice cakes ONLY  
for EL & JR

### **Thursday:**

Prep pineapple

Prep cream cheese on english muffins  
(sub 4 GF & DF)