

# MSF Weekly Snack September 29- Oct. 3, 2025

## **Mon. – Sept 29**

Apples  
Carrots  
Hummus  
Ritz crackers

## **Tues. – Sept 30**

Oranges  
Salsa  
Beans ( black and garbonzo)  
Tortilla chips

## **Wed. - Oct. 1**

Plums  
Peppers  
Almonds & Cashews  
Saltines

## **Thurs. - Oct. 2**

Pineapple  
Snap peas  
Sunflower seeds  
Club crackers

## **Fri.- Oct. 3**

Cantaloupe  
Pickles  
Cheese cubes  
Pretzels

## **Junior Prep**

### **Monday:**

Prep oranges  
Prep Beans

### **Tuesday:**

Prep Plums  
Prep Peppers

### **Wednesday:**

Prep Pineapple

### **Thursday:**

Prep Cantaloupe  
Prep Pickles