

# MSF Weekly Snack October 27-31, 2025

## **Mon. – Oct. 27**

Apples  
Carrots  
Hummus  
Wheat thin Crackers

## **Tues. – Oct. 28**

Berries  
Black Olives & cucumbers  
Cheese cubes  
Triscuit Crackers

## **Wed. - Oct. 29**

Grapes  
Salsa (Pickled Beets for EL & Jr.)  
Black beans and chickpeas  
Tortilla Chips

## **Thurs. - Oct. 30**

Cantaloupes or Honeydews  
Cherry tomatoes & Edamame  
Cream cheese and Bagels

## **Fri.- Oct. 31**

Oranges  
Peppers  
Pecans & Walnuts  
Veggie Straws

## **Junior Prep**

### **Monday:**

Wash Berries  
Open olives and drain  
Prep Cucumbers

### **Tuesday:**

Prep grapes (wash and de-stem)  
Prep Beans and chick peas (rinse and mix)

### **Wednesday:**

Prep Melons  
Take edamame out of freezer  
Prep Bagels and Cream cheese (sub 4 GF & DF)

### **Thursday:**

Prep Oranges  
Prep Peppers