

EARLY HEAD START SNACK

OCTOBER 2026

Miami-Dade Early Head Start

Miami-Dade County Public Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Assorted Yogurt Rockin Ola 180 cal	2 Cheez-it Crackers 100 cal Juice, Fruit Blend 60 cal
5 No menu published	6 No menu published	7 No menu published	8 No menu published	9 No menu published
12 Cheese Colby Jack Blend SS Stick 80 cal Juice, Fruit Blend 60 cal	13 Animal Cookies 130 cal Juice, Fruit Blend 60 cal	14 Assorted Yogurt Rockin Ola 180 cal	15 Honey Grahams Crackers 90 cal Juice, Fruit Blend 60 cal	16 Cheez-it Crackers 100 cal Juice, Fruit Blend 60 cal
19 Assorted Yogurt Rockin Ola 180 cal	20 String Cheese Mozzarella 180 cal Juice, Fruit Blend 60 cal	21 Honey Grahams Crackers 90 cal Juice, Fruit Blend 60 cal	22 Cereal, Whole Grain Cheerios 100 cal Milk	23 Goldfish Crackers 100 cal Juice, Fruit Blend 60 cal
26 Honey Grahams Crackers 90 cal Juice, Fruit Blend 60 cal	27 Banana Bread 306 cal Juice, Fruit Blend 60 cal	28 String Cheese Mozzarella 180 cal Juice, Fruit Blend 60 cal	29 Assorted Yogurt Rockin Ola 180 cal	30 Cheez-it Crackers 100 cal Juice, Fruit Blend 60 cal

EVERY DAY

Water

Menu subject to change.

Menu data from Miami-Dade County Public Schools, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Miami-Dade County Public Schools publishes them.

nutrislice