

Cypress Springs Elementary School

Snack · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5 Breakfast Egg Box

270 cal

Chocolate No Nut Butter Cup

324 cal

Cheddar Goldfish Crackers

100 cal

Assorted Milk

110 cal

6 Vanilla Yogurt Cup

90 cal

Strawberry Yogurt Cup

90 cal

Cracker, Sweet Educationa

130 cal

7 Chocolate No Nut Butter Cup

324 cal

Snack Mix, Cheddar Chex

110 cal

Apple Juice

90 cal

Assorted Milk

110 cal

8 Mozzarella Cheese Stick

80 cal

Snack Mix, Cheddar Chex

110 cal

Bear Grahams

122 cal

Assorted Milk

110 cal

9 Chocolate No Nut Butter Cup

324 cal

Savory Cracker, WG

180 cal

Orange Juice

60 cal

Assorted Milk

110 cal

No menu published

13 Strawberry Yogurt Cup

90 cal

Bear Grahams

120 cal

14 Peanut Butter cup

185 cal

Chocolate No Nut Butter Cup

320 cal

Savory Cracker, WG

180 cal

15 Scooby Doo Grahams

132 cal

Assorted Milk

110 cal

16 Cheddar Cubes

90 cal

Goldfish Pretzels

90 cal

19 Cheddar Goldfish Crackers

100 cal

Assorted Milk

110 cal

20 Strawberry Yogurt Cup

90 cal

Cheddar Goldfish Crackers

100 cal

21 Snack Mix, Cheddar Chex

110 cal

Assorted Milk

110 cal

22 Cheddar Cubes

90 cal

Cracker, Sweet Educationa

130 cal

23 Chocolate No Nut Butter Cup

320 cal

Peanut Butter cup

185 cal

Savory Cracker, WG

180 cal

26 Cheez IT Crackers

100 cal

Assorted Milk

110 cal

27 Mozzarella Cheese Stick

80 cal

Snack Mix, Cheddar Chex

110 cal

28 Bear Grahams

120 cal

Assorted Milk

110 cal

29 Cheddar Cubes

90 cal

Goldfish Pretzels

90 cal

30 Chocolate No Nut Butter Cup

320 cal

Peanut Butter cup

185 cal

Savory Cracker, WG

180 cal