

# Dover Shores 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
- 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

**12**

No menu published

**13**

- Strawberry Yogurt Cup** 90 cal
- Bear Grahams** 120 cal
- Assorted Milk** 110 cal

**14**

- Peanut Butter cup** 185 cal
- Chocolate No Nut Butter Cup** 320 cal
- Savory Cracker, WG** 180 cal
- Orange Juice** 60 cal

**15**

- Scooby Doo Grahams** 132 cal
- Assorted Milk** 110 cal

**16**

- Cheddar Cubes** 90 cal
- Vanilla Yogurt Cup** 90 cal
- Goldfish Pretzels** 90 cal

**19**

- Cheddar Goldfish Crackers** 100 cal
- Bear Grahams** 120 cal
- Assorted Milk** 110 cal

**20**

- Vanilla Yogurt Cup** 90 cal
- Cheddar Goldfish Crackers** 100 cal

**21**

- Snack Mix, Cheddar Chex** 110 cal
- Scooby Doo Grahams** 132 cal
- Apple Juice** 60 cal
- Assorted Milk** 110 cal

**22**

- Cheddar Cubes** 90 cal
- Cracker, Sweet Educationa** 130 cal
- Assorted Milk** 110 cal

**23**

- Peanut Butter cup** 185 cal
- Savory Cracker, WG** 180 cal
- Mango Splash Vegetable Juice** 60 cal

**26**

- Cheez IT Crackers** 100 cal
- Assorted Milk** 110 cal

**27**

- Mozzarella Cheese Stick** 80 cal
- Snack Mix, Cheddar Chex** 110 cal
- Assorted Milk** 110 cal

**28**

- Bear Grahams** 120 cal
- Applesauce 4.5 oz** 60 cal
- Assorted Milk** 110 cal

**29**

- Cheddar Cubes** 90 cal
- Goldfish Pretzels** 90 cal
- Assorted Milk** 110 cal

**30**

- Peanut Butter cup** 185 cal
- Savory Cracker, WG** 180 cal
- Scooby Doo Grahams** 132 cal
- Strawberry Kiwi Juice** 60 cal