

Freedom Middle School

Snack · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

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
 Assorted Milk 110 cal

8

Mozzarella Cheese Stick 80 cal
 Bear Grahams 122 cal

9

Chocolate No Nut Butter Cup 324 cal
 Savory Cracker, WG 180 cal
 Assorted Milk 110 cal

12

No menu published

13

Strawberry Yogurt Cup 90 cal
 Bear Grahams 120 cal

14

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

Sour Cream & Onion, Goldfish Crackers 97 cal
 Assorted Milk 110 cal

20

Strawberry Yogurt Cup 90 cal
 Cheddar Goldfish Crackers 100 cal

21

Snack Mix, Strawberry Creme Chex 124 cal
 Assorted Milk 110 cal

22

Cheddar Cubes 90 cal
 Cracker, Sweet Educationa 130 cal

23

Chocolate No Nut Butter Cup 320 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
 Savory Cracker, WG 180 cal