

Palm Lake Elementary School

Snack · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

Mozzarella Cheese Stick

- 80 cal
- Snack Mix, Cheddar Chex 110 cal

2

Chocolate No Nut Butter Cup

- 320 cal
- Peanut Butter cup 185 cal
- Savory Cracker, WG 180 cal
- Orange Juice 60 cal

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

Vanilla Yogurt Cup

- 90 cal
- 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
- Strawberry Yogurt Cup 90 cal
- Chocolate No Nut Butter Cup 324 cal
- Goldfish Pretzels 90 cal

19

Chocolate No Nut Butter Cup

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

20

Vanilla Yogurt Cup

- 90 cal
- Strawberry Yogurt Cup 90 cal
- Cheddar Goldfish Crackers 100 cal

21

Chocolate No Nut Butter Cup

- 324 cal
- 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

Chocolate No Nut Butter Cup

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

26

Chocolate No Nut Butter Cup

- 324 cal
- 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

Chocolate No Nut Butter Cup

- 324 cal
- Bear Grahams 120 cal
- Applesauce, Strawberry 4.5 oz 50 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

Chocolate No Nut Butter Cup

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