



AFTERSCHOOL SNACK OCTOBER 2026

Congress Middle

Palm Beach County Public Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Cheddar Goldfish Crackers 100 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

6

Simply Chex Crackers 120 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

7

Baked Cheetos OR Funyuns 111 cal

100% Fruit Juice 90 cal

1

Sour Cream & Cheddar Crunchmaster Crackers 90 cal

100% Fruit Juice 90 cal

2

Mini Blueberry Vanilla Crackers 130 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

8

Assorted Graham Snacks 120 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

9

Assorted Doritos Tortilla Chips 130 cal

100% Fruit Juice 90 cal

12

No menu published

13

Mini Blueberry Vanilla Crackers 130 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

14

Goldfish Honey Bun Graham Crackers 130 cal

100% Fruit Juice 90 cal

15

Cocoa Puffs Cereal 120 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

16

Teddy Grahams 90 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

19

Cheez-It Crackers 101 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

20

Pretzel Goldfish Crackers 90 cal

100% Fruit Juice 90 cal

21

Baked Cheetos OR Funyuns 111 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

22

Pringles Mingles Assorted 100 cal

100% Fruit Juice 90 cal

23

Assorted Doritos Tortilla Chips 130 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

26

Lucky Charms Cereal 110 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

27

Baked Cheetos OR Funyuns 111 cal

100% Fruit Juice 90 cal

28

Teddy Grahams 90 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

29

Sour Cream & Cheddar Crunchmaster Crackers 90 cal

100% Fruit Juice 90 cal

30

Mini Blueberry Vanilla Crackers 130 cal

Assorted Milk 121 cal
or
 Assorted Whole Fresh Fruit 101 cal

EVERY DAY

served with

Menu subject to change.

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

nutrislice