



AFTERSCHOOL SNACK

OCTOBER 2026

Egret Lake Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

1		2	
SOUR CREAM & CHEDDAR CRUNCHMASTER CRACKERS 90 cal 100% Fruit Juice 90 cal		MINI BLUEBERRY VANILLA CRACKERS 130 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal	
3		4	
CHEDDAR GOLDFISH CRACKERS 100 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal		ASSORTED GRAHAM SNACKS 120 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal	
5		6	
SIMPLY CHEX CRACKERS 120 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal		BAKED CHEETOS OR FUNYUNS 111 cal 100% Fruit Juice 90 cal	
7		8	
No menu published		ASSORTED DORITOS TORTILLA CHIPS 130 cal 100% Fruit Juice 90 cal	
9		10	
MINI BLUEBERRY VANILLA CRACKERS 130 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal		GOLDFISH HONEY BUN GRAHAM CRACKERS 130 cal 100% Fruit Juice 90 cal	
11		12	
CHEEZ-IT CRACKERS 101 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal		COCOA PUFFS CEREAL 120 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal	
13		14	
PRETZEL GOLDFISH CRACKERS 90 cal 100% Fruit Juice 90 cal		TEDDY GRAHAMS 90 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal	
15		16	
BAKED CHEETOS OR FUNYUNS 111 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal		ASSORTED DORITOS TORTILLA CHIPS 130 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal	
17		18	
PRINGLES MINGLES ASSORTED 100 cal 100% Fruit Juice 90 cal		MINI BLUEBERRY VANILLA CRACKERS 130 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal	
19		20	
LUCKY CHARMS CEREAL 110 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal		SOUR CREAM & CHEDDAR CRUNCHMASTER CRACKERS 90 cal 100% Fruit Juice 90 cal	
21		22	
BAKED CHEETOS OR FUNYUNS 111 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal		MINI BLUEBERRY VANILLA CRACKERS 130 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal	
23		24	
TEDDY GRAHAMS 90 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal			
25		26	
SOUR CREAM & CHEDDAR CRUNCHMASTER CRACKERS 90 cal 100% Fruit Juice 90 cal			
27		28	
MINI BLUEBERRY VANILLA CRACKERS 130 cal Assorted Milk 121 cal or Assorted Whole Fresh Fruit 101 cal			
29		30	

Served every day:

served with

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