



AFTERSCHOOL SNACK

OCTOBER 2026

Freedom Shores Elementary

Palm Beach County Public Schools



Monday

Tuesday

Wednesday

Thursday

Friday

5	6	7	8	9
 CHEDDAR GOLDFISH CRACKERS 100 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal	 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	 ASSORTED GRAHAM SNACKS 120 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal	 ASSORTED DORITOS TORTILLA CHIPS 130 cal  100% Fruit Juice 90 cal
12	13	14	15	16
No menu published	 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	 COCOA PUFFS CEREAL 120 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal	 TEDDY GRAHAM'S 90 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal
19	20	21	22	23
 CHEEZ-IT CRACKERS 101 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal	 PRETZEL GOLDFISH CRACKERS 90 cal  100% Fruit Juice 90 cal	 BAKED CHEETOS OR FUNYUNS 111 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal	 PRINGLES MINGLES ASSORTED 100 cal  100% Fruit Juice 90 cal	 ASSORTED DORITOS TORTILLA CHIPS 130 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal
26	27	28	29	30
 LUCKY CHARMS CEREAL 110 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal	 BAKED CHEETOS OR FUNYUNS 111 cal  100% Fruit Juice 90 cal	 TEDDY GRAHAM'S 90 cal  Assorted Milk 121 cal or  Assorted Whole Fresh Fruit 101 cal	 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