



AFTERSCHOOL SNACK OCTOBER 2026

Plumosa School of the Arts K-8

Palm Beach County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
			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
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	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

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](https://nutrislice.com)