

OCTOBER | 2025

Central Lake Pre-K Snack Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	1 4oz Apple Slices w/PB 4oz White Milk	2 WG 1oz Graham Item 4oz 100% Juice Box	3 WG 1oz Graham Item 4oz Fresh Fruit
6 4oz Banana 2oz Cottage Cheese	7 WG 1oz Graham Item 4oz Fruit Cup	8 4oz Apple Slices w/PB 4oz White Milk	9 WG 1oz Graham Item 4oz 100% Juice Box	10 WG 1oz Graham Item 4oz Fresh Fruit
13 4oz Banana 2oz Cottage Cheese	14 WG 1oz Graham Item 4oz Fruit Cup	15 4oz Apple Slices w/PB 4oz White Milk	16 WG 1oz Graham Item 4oz 100% Juice Box	17 WG 1oz Graham Item 4oz Fresh Fruit
20 4oz Banana 2oz Cottage Cheese	21 WG 1oz Graham Item 4oz Fruit Cup	22 4oz Apple Slices w/PB 4oz White Milk	23 WG 1oz Graham Item 4oz 100% Juice Box	24 WG 1oz Graham Item 4oz Fresh Fruit
27 4oz Banana 2oz Cottage Cheese	28 WG 1oz Graham Item 4oz Fruit Cup	29 4oz Apple Slices w/PB 4oz White Milk	30 WG 1oz Graham Item 4oz 100% Juice Box	31 WG 1oz Graham Item 4oz Fresh Fruit

Whole white milk for 1-2 year olds, and 1% white milk for 2-5 year olds!

WG=Whole Grain

Questions or comments
please contact Nicole
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Menus may change if an item
becomes unavailable