



OCTOBER 2025

THIS MONTH'S THEME:

Spooky Snack Time

Happy October! We're super excited to bring you some tasty and fun fruits and veggies this month. You'll try sweet apple slices, crunchy orange peppers, juicy yellow pineapple, and more!

During this spooky month, choose a fruit or veggie and try to find rhyming words that could be used during Halloween. Use your imagination and share with the class!

Here's an example:

- Green bean rhymes with spooky scene (think ghosts, witches, and vampires!)

Have a fun-filled October and enjoy your healthy snacks!



This week's options:

Yellow Pineapple
Chunks, 50x2oz
Green Beans, 50x2oz

Papaya Chunks,
36x2oz
Rainbow Cauliflower,
50x2oz

Apple & Grape Combo,
50x3oz
Celery Sticks, 50x2oz

Kiwi Slices, 50x2oz
Parsnip Coins, 50x2oz

Black Grapes, 50x2oz
Sliced Orange
Peppers, 50x2oz

MON

TUE

WED

THU

FRI



29

30



1

2

3



6

7

8



9

10



13

14

15

16



17



20

21

22



23

24



27

28



29

30



31