



September 2023 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
4 CLOSED FOR LABOR DAY	5 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	6 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	7 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	8 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese
11 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	12 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Raspberry yogurt	13 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	14 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	15 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
18 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	19 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	20 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	21 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	22 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
25 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	26 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Blueberry yogurt	27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	28 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	29 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch

(V) Vegetarian meal

*Whole grain



October 2023 – Breakfast & Snack

Monday		Tuesday		Wednesday		Thursday		Friday	
2 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	3 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	4 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	5 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	6 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes	9 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	10 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	11 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	13 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
16 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	17 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	18 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	19 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	20 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes	23 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	24 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	25 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	26 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	27 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
30 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	31 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola				<i>Age-appropriate milk must be served with breakfast</i>				

(V) Vegetarian meal

*Whole grain



November 2023 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>		<p>1 Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>2 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	<p>3 Apple oatmeal*</p> <p>~~~~~</p> <p>Soft breadsticks* Cheese cubes</p>
<p>6 Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>7 Cinnamon toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Saltines Peach yogurt</p>	<p>8 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>9 Kix* Fresh fruit</p> <p>~~~~~</p> <p>Cinnamon crackers* Vanilla yogurt</p>	<p>10 Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Triscuits Cucumber slices & ranch</p>
<p>13 Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>14 Whole wheat biscuit* Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>15 Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>16 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	<p>17 Apple oatmeal*</p> <p>~~~~~</p> <p>Soft breadsticks* Cheese cubes</p>
<p>20 Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>21 Cinnamon toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Saltines Raspberry yogurt</p>	<p>22 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>23</p> <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>	<p>24</p> <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>
<p>27 Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>28 Whole wheat biscuit* Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>29 Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>30 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	

(V) Vegetarian meal

*Whole grain



December 2023 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with breakfast</i>				1 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
4 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	5 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Blueberry yogurt	6 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	7 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	8 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
11 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	12 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	13 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	14 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	15 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
18 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	19 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	20 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	21 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	22 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
25 CLOSED FOR CHRISTMAS DAY	26 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	27 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	28 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	29 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese

(V) Vegetarian meal

*Whole grain



January 2024 – Breakfast & Snack

Monday		Tuesday		Wednesday		Thursday		Friday	
1 CLOSED FOR NEW YEARS DAY		2 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches		3 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt		4 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix		5 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	
8 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese		9 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola		10 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce		11 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese		12 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes	
15 CLOSED FOR MLK JR DAY		16 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches		17 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt		18 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix		19 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	
22 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese		23 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola		24 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce		25 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese		26 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes	
29 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches		30 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Raspberry yogurt		31 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix				<i>Age-appropriate milk must be served with breakfast</i>	

(V) Vegetarian meal

*Whole grain



February 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with breakfast</i>			1 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	2 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
5 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	6 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	7 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	8 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	9 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
12 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	13 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Blueberry yogurt	14 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	15 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	16 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
19 CLOSED FOR PRESIDENT'S DAY	20 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	21 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	22 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	23 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese
26 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	27 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	28 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	29 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	

(V) Vegetarian meal

*Whole grain



March 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with breakfast</i>				1 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
4 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	5 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	6 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	7 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	8 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
11 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	12 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	13 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	14 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	15 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
18 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	19 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	20 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	21 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	22 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
25 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	26 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	28 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	29 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch

(V) Vegetarian meal

*Whole grain



April 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	2 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	3 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	4 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	5 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
8 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	9 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Raspberry yogurt	10 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	11 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	12 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
15 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	16 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	17 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	18 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	19 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
22 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	23 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Blueberry yogurt	24 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	25 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	26 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
29 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	30 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola			<i>Age-appropriate milk must be served with breakfast</i>

(V) Vegetarian meal

*Whole grain



May 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with breakfast</i>		1 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	2 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	3 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
6 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	7 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	8 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	9 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	10 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
13 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	14 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	15 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	16 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	17 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
20 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	21 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	23 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	24 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
27 CLOSED FOR MEMORIAL DAY	28 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	29 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	30 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	31 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese

(V) Vegetarian meal

*Whole grain



June 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	4 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	5 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	6 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	7 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
10 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	11 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	12 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	13 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	14 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
17 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	18 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Raspberry yogurt	19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	20 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	21 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
24 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	25 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	26 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	27 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	28 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
				<i>Age-appropriate milk must be served with breakfast</i>

(V) Vegetarian meal

*Whole grain



July 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
1 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	2 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Blueberry yogurt	3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4 CLOSED FOR INDEPENDENCE DAY	5 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt
8 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	9 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	10 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	11 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	12 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
15 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	16 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	18 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	19 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
22 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	23 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	24 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	25 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	26 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
29 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	30 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	31 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix		<i>Age-appropriate milk must be served with breakfast</i>

(V) Vegetarian meal

*Whole grain



August 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with breakfast</i>			1 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	2 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
5 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	6 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	7 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	8 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	9 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
12 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	13 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	14 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	15 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	16 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch
19 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	20 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	21 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	22 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	23 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
26 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	27 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Raspberry yogurt	28 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	29 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	30 Blueberry-peach oatmeal* ~~~~~ Triscuits Cucumber slices & ranch

(V) Vegetarian meal

*Whole grain