



# October 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>2</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>3</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>4</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>7</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>8</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	<b>9</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>10</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>11</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>14</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>15</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>16</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>17</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>18</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>21</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>22</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	<b>23</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>24</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>25</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>28</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>29</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>30</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>31</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<i>Age-appropriate milk must be served            with breakfast</i>

\*Whole grain



# November 2024 – Breakfast & Snack

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

\*Whole grain



# December 2024 – Breakfast & Snack

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

\*Whole grain



# January 2025 – Breakfast & Snack

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

\*Whole grain



# February 2025 – Breakfast & Snack

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

\*Whole grain



# March 2025 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>4</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>5</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>6</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>7</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>10</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>11</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	<b>12</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>13</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>14</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>17</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>18</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>19</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>20</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>21</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>24</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>25</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Mango yogurt	<b>26</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>27</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>28</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>31</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese				<i>Age-appropriate milk must be served            with breakfast</i>

\*Whole grain



# April 2025 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>2</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>3</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>4</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>7</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>8</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Blueberry yogurt	<b>9</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>10</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>11</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>14</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>15</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>16</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>17</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>18</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>21</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>22</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	<b>23</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>24</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>25</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>28</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>29</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>30</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce		<i>Age-appropriate milk must be served            with breakfast</i>

\*Whole grain



# May 2025 – Breakfast & Snack

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

\*Whole grain





# June 2025 – Breakfast & Snack

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

\*Whole grain



# July 2025 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	<b>2</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>3</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>4</b>  <p style="text-align: center;"><b>CLOSED FOR INDEPENDENCE DAY</b></p>
<b>7</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>8</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>9</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>10</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>11</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>14</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>15</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	<b>16</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>17</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<b>18</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>21</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>22</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>23</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>24</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>25</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>28</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>29</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	<b>30</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>31</b> Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<i>Age-appropriate milk must be served with breakfast</i>

\*Whole grain



# August 2025 – Breakfast & Snack

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

\*Whole grain