



Breakfast & Snack October 2024 – August 2025

DAY	MENU	SERVING SIZE
MON	Rice Chex (Whole Grain)	½ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup

	Graham cracker approx. 5”x2 ½” .6oz/16gr	1 each
	Diced Peaches	½ cup
TUES	Cinnamon toasted oats (whole grain)	½ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup

	Saltines – 2”x2”	4 each or 12 gr
	Strawberry/banana yogurt - 4oz	1 each
WED	Bran muffin – 2 oz or 56 gr	1 each
	Fresh fruit	½ cup
	Milk	¾ cup

	Diced pears	½ cup
	Cereal mix	½ cup or 14 gr
THUR	Kix cereal (Whole Grain)	¾ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup

	Cinnamon crackers	10 crackers
	(Whole grain 1” x 1” 1/2 oz or 14 gr)	
	Vanilla yogurt	3/8 cup
FRI	Oatmeal (Whole Grain)	½ cup cooked
	Peaches & blueberries	½ cup
	Milk	¾ cup

	Veggie crackers	10 crackers
	(Whole grain 1” x 1” 1/2 oz or 14 gr)	
	Apple slices – 2 oz	1 each



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MON	Wheat flakes (Whole Grain)	½ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup

	Wheat thins (1 ¼” x 1 ¼” 1/2 oz or 14 gr)	8 crackers
	String cheese ½ oz	1 each
TUES	Whole wheat biscuit (Whole Grain)	1 each
	Fresh fruit	½ cup
	Milk	¾ cup

	Yogurt	3/8 cup
	Whole grain cereal mix w/oatmeal	1/3 cup or 15 gr
WED	Toasted oats (Whole Grain)	½ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup

	Soft pretzel – .8 oz or 24 gr	1 each
	Apple sauce	½ cup
THUR	Rice krispies (Whole Grain)	¾ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup

	Whole wheat pita 1.9 oz or 54gr (Whole Grain) ½ each	
	Mozzarella cheese	½ oz
	Tomato sauce	1 Tbsp
FRI	Oatmeal (Whole Grain)	½ cup cooked
	Apple	½ cup
	Milk	¾ cup

	Soft breadsticks 1 ½ oz (Whole Grain)	1/2 each

Cheese cubes – 1/2 oz each cube

2 each