



October 2025 – 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>Whole wheat pita pizza with* Cheese</p>	<p>2 Whole wheat bagel* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>3 Apple oatmeal*</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>
<p>6 Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Strawberry oatmeal bar* Cheese cubes</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>Vanilla yogurt Granola</p>	<p>10 Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers* Apple slices</p>
<p>13 Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins Cheddar cheese round</p>	<p>14 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Sweet potato cracker* Vanilla yogurt</p>	<p>15 Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	<p>16 Whole wheat bagel* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>17 Apple oatmeal*</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>
<p>20 Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Strawberry oatmeal bar* Cheese cubes</p>	<p>21 Cinnamon toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Saltines Mango yogurt</p>	<p>22 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>23 Kix* Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt Granola</p>	<p>24 Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers* Apple slices</p>
<p>27 Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins Cheddar cheese round</p>	<p>28 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Sweet potato cracker* Vanilla yogurt</p>	<p>29 Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	<p>30 Whole wheat bagel* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>31 Apple oatmeal*</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>

*Whole grain



November 2025 – Breakfast & Snack

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

*Whole grain



December 2025 – Breakfast & Snack

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

*Whole grain



January 2026 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>			<p>1</p> <p>CLOSED FOR NEW YEAR'S DAY</p>	<p>2</p> <p>Kix*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt</p> <p>Granola</p>
<p>5</p> <p>Whole wheat flakes*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins</p> <p>Cheddar cheese round</p>	<p>6</p> <p>Rice Crispies</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Sweet potato cracker*</p> <p>Vanilla yogurt</p>	<p>7</p> <p>Toasted oats*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with*</p> <p>Cheese</p>	<p>8</p> <p>Whole wheat bagel*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel</p> <p>Applesauce</p>	<p>9</p> <p>Apple oatmeal*</p> <p>~~~~~</p> <p>Graham cracker</p> <p>Diced peaches</p>
<p>12</p> <p>Rice Chex*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Strawberry oatmeal bar*</p> <p>Cheese cubes</p>	<p>13</p> <p>Cinnamon toasted oats*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Saltines</p> <p>Blueberry yogurt</p>	<p>14</p> <p>Bran muffin</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Diced pears</p> <p>Cereal snack mix</p>	<p>15</p> <p>Kix*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt</p> <p>Granola</p>	<p>16</p> <p>Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers*</p> <p>Apple slices</p>
<p>19</p> <p>CLOSED FOR MLK JR DAY</p>	<p>20</p> <p>Whole wheat flakes*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins</p> <p>Cheddar cheese round</p>	<p>21</p> <p>Rice Crispies</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Sweet potato cracker*</p> <p>Vanilla yogurt</p>	<p>22</p> <p>Toasted oats*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with*</p> <p>Cheese</p>	<p>23</p> <p>Whole wheat bagel*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel</p> <p>Applesauce</p>
<p>26</p> <p>Rice Chex*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Strawberry oatmeal bar*</p> <p>Cheese cubes</p>	<p>27</p> <p>Cinnamon toasted oats*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Saltines</p> <p>Strawberry/banana yogurt</p>	<p>28</p> <p>Bran muffin</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Diced pears</p> <p>Cereal snack mix</p>	<p>29</p> <p>Kix*</p> <p>Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt</p> <p>Granola</p>	<p>30</p> <p>Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers*</p> <p>Apple slices</p>

*Whole grain



February 2026 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins Cheddar cheese round	3 Rice Crispies Fresh fruit ~~~~~ Sweet potato cracker* Vanilla yogurt	4 Toasted oats* Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	5 Whole wheat bagel* Fresh fruit ~~~~~ Soft pretzel Applesauce	6 Apple oatmeal* ~~~~~ Graham cracker Diced peaches
9 Rice Chex* Fresh fruit ~~~~~ Strawberry oatmeal bar* Cheese cubes	10 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	11 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12 Kix* Fresh fruit ~~~~~ Vanilla yogurt Granola	13 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
16 <p style="text-align: center;">CLOSED FOR PRESIDENT'S DAY</p>	17 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins Cheddar cheese round	18 Rice Crispies Fresh fruit ~~~~~ Sweet potato cracker* Vanilla yogurt	19 Toasted oats* Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	20 Whole wheat bagel* Fresh fruit ~~~~~ Soft pretzel Applesauce
23 Rice Chex* Fresh fruit ~~~~~ Strawberry oatmeal bar* Cheese cubes	24 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	25 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	26 Kix* Fresh fruit ~~~~~ Vanilla yogurt Granola	27 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
				<i>Age-appropriate milk must be served with breakfast</i>

*Whole grain



March 2026 – Breakfast & Snack

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

*Whole grain



April 2026 – 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>Whole wheat pita pizza with* Cheese</p>	<p>2 Whole wheat bagel* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>3 Apple oatmeal*</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>
<p>6 Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Strawberry oatmeal bar* Cheese cubes</p>	<p>7 Cinnamon toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Saltines Strawberry/banana 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>Vanilla yogurt Granola</p>	<p>10 Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers* Apple slices</p>
<p>13 Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins Cheddar cheese round</p>	<p>14 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Sweet potato cracker* Vanilla yogurt</p>	<p>15 Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	<p>16 Whole wheat bagel* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>17 Apple oatmeal*</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>
<p>20 Rice Chex* Fresh fruit</p> <p>~~~~~</p> <p>Strawberry oatmeal bar* Cheese cubes</p>	<p>21 Cinnamon toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Saltines Cherry/vanilla yogurt</p>	<p>22 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>23 Kix* Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt Granola</p>	<p>24 Blueberry-peach oatmeal*</p> <p>~~~~~</p> <p>Veggie crackers* Apple slices</p>
<p>27 Whole wheat flakes* Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins Cheddar cheese round</p>	<p>28 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>Sweet potato cracker* Vanilla yogurt</p>	<p>29 Toasted oats* Fresh fruit</p> <p>~~~~~</p> <p>Whole wheat pita pizza with* Cheese</p>	<p>30 Whole wheat bagel* Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	

*Whole grain



May 2026 – Breakfast & Snack

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

*Whole grain



June 2026 – Breakfast & Snack

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

*Whole grain



July 2026 – Breakfast & Snack

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

*Whole grain



August 2026 – Breakfast & Snack

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

*Whole grain