



Breakfast & Snack - September, 2018

9/3 ***** CLOSED FOR LABOR DAY *****	9/4 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	9/5 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	9/6 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	9/7 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
9/10 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/11 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/12 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	9/13 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	9/14 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce
9/17 Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	9/18 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	9/19 Oatmeal-apple Crisp ~~~~~ Whole wheat pita bread Hummus	9/20 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	9/21 Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar
9/24 40% Bran flakes Fresh fruit ~~~~~ Wheat thins String cheese	9/25 Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	9/26 Oatmeal-peach Crisp ~~~~~ Soft breadsticks Cheese cubes	9/27 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with Cheese	9/28 Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce