



## July 2021 – 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> CLOSED FOR INDEPENDENCE DAY	<b>6</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>7</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	<b>8</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>9</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
<b>12</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>13</b> +Wheat bagel w/cream cheese 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> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	<b>21</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>22</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>23</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>26</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>27</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>28</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>29</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>30</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+Whole grain