 Breakfast & Snack - February, 2019

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| *~This menu is designed for children age 12+ months* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |  | 2/1  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 2/4  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 2/5  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | 2/6  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 2/7  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 2/8  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 2/11  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 2/12  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 2/13  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 2/14  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 2/15  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 2/18  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR PRESIDENT’S DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/19  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 2/20  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | 2/21  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 2/22  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix |
| 2/25  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 2/26  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 2/27  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 2/28  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese |  |

+ Whole grain

 Breakfast & Snack - March, 2019

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|  |  |  |  | 3/1  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 3 /4  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 3/5  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | 3/6  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 3/7  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 3/8  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 3/11  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 3/12  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 3/13  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 3/14  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 3/15  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 3/18  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 3/19  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | 3/20  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 3/21  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 3/22  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 3/25  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 3/26  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 3/27  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 3/28  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 3/29  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |

+ Whole grain

 Breakfast & Snack - April, 2019

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| 4/1  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 4/2  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | 4/3  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 4/4  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 4/5  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 4/8  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 4/9  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 4/10  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 4/11  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 4/12  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 4/15  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 4/16  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | 4/17  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 4/18  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 4/19  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 4/22  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 4/23  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 4/24  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 4/25  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 4/26  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 4/29  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 4/30  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | *~This menu is designed for children age 12+ months* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* | *Visit us at* [*www.goodfoodco.com*](http://www.goodfoodco.com) *Age appropriate milk must be served with lunch* |

+ Whole grain

 Breakfast & Snack - May, 2019

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|  |  | 5/1  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 5/2  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 5/3  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 5/6  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 5/7  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 5/8  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 5/9  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 5/10  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 5/13  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 5/14  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | 5/15  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 5/16  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 5/17  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 5/20  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 5/21  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 5/22  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 5/23  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 5/24  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 5/27  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR MEMORIAL  DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/28  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 5/29  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | 5/30  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 5/31  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix |

+ Whole grain

 Breakfast & Snack - June, 2019

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| 6/3  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 6/4  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 6/5  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 6/6  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 6/7  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 6/10  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 6/11  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | 6/12  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 6/13  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 6/14  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 6/17  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 6/18  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 6/19  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 6/20  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 6/21  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 6/24  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 6/25  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | 6/26  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 6/27  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 6/28  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
|  |  |  |  |  |

+ Whole grain

 Breakfast & Snack - July, 2019

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| 7/1  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 7/2  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 7/3  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 7/4  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR INDEPENDENCE DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese |
| 7/8  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 7/9  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | 7/10  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 7/11  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 7/12  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 7/15  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 7/16  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 7/17  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 7/18  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 7/19  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 7/22  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 7/23  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | 7/24  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 7/25  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 7/26  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 7/29  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 7/30  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 7/31  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce |  |  |

+ Whole grain

 Breakfast & Snack - August, 2019

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|  |  |  | 8/1  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 8/2  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 8/5  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 8/6  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | 8/7  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 8/8  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 8/9  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 8/12  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 8/13  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 8/14  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 8/15  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 8/16  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 8/19  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 8/20  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | 8/21  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 8/22  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 8/23  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 8/26  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 8/27  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 8/28  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 8/29  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 8/30  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |

+ Whole grain

 Breakfast & Snack - September, 2019

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| 9/2    \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  CLOSED FOR LABOR DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/3  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 9/4  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | 9/5  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 9/6  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix |
| 9/9  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 9/10  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 9/11  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 9/12  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 9/13  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 9/16  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | 9/17  Cinnamon bagel w/butter  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | 9/18  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | 9/19  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | 9/20  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Whole wheat pita bread  Cucumber slices |
| 9/23  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | 9/24  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | 9/25  +Cheerios  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | 9/26  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | 9/27  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| 9/30  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches |  |  |  |  |

+ Whole grain