 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 breadsticksCheese cubes |
| 2/4+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 2/5Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | 2/6+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 2/7Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 2/8+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 2/11+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 2/12+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 2/13+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 2/14Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 2/15+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 2/18 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR PRESIDENT’SDAY \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 2/19+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 2/20Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt  | 2/21+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | 2/22Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix |
| 2/25+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 2/26+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 2/27+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 2/28Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese |  |

+ Whole grain

 Breakfast & Snack - March, 2019

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|  |  |  |  | 3/1+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 3 /4+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 3/5Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | 3/6+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 3/7Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 3/8+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 3/11+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 3/12+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 3/13+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 3/14Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 3/15+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 3/18+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 3/19Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt | 3/20+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 3/21Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 3/22+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 3/25+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 3/26+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 3/27+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 3/28Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 3/29+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |

+ Whole grain

 Breakfast & Snack - April, 2019

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| 4/1+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 4/2Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Peach yogurt | 4/3+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 4/4Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 4/5+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 4/8+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 4/9+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 4/10+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 4/11Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 4/12+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 4/15+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 4/16Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | 4/17+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 4/18Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 4/19+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 4/22+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 4/23+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 4/24+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 4/25Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 4/26+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 4/29+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 4/30Cinnamon bagel w/butterFresh 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+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 5/2Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 5/3+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 5/6+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 5/7+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 5/8+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 5/9Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 5/10+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 5/13+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 5/14Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | 5/15+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 5/16Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 5/17+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 5/20+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 5/21+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 5/22+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 5/23Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 5/24+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 5/27 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR MEMORIAL DAY  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 5/28+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 5/29Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt  | 5/30+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | 5/31Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix |

+ Whole grain

 Breakfast & Snack - June, 2019

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| --- | --- | --- | --- | --- |
| 6/3+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 6/4+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 6/5+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 6/6Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 6/7+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 6/10+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 6/11Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Peach yogurt | 6/12+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 6/13Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 6/14+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 6/17+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 6/18+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 6/19+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 6/20Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 6/21+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 6/24+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 6/25Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | 6/26+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 6/27Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 6/28+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
|  |  |  |  |  |

+ Whole grain

 Breakfast & Snack - July, 2019

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| --- | --- | --- | --- | --- |
| 7/1+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 7/2+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 7/3+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 7/4 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR INDEPENDENCE DAY \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 7/5Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese |
| 7/8+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 7/9Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt | 7/10+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 7/11Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 7/12+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 7/15+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 7/16+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 7/17+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 7/18Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 7/19+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 7/22+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 7/23Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | 7/24+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 7/25Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 7/26+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 7/29+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 7/30+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 7/31+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce |  |  |

+ Whole grain

 Breakfast & Snack - August, 2019

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| --- | --- | --- | --- | --- |
|  |  |  | 8/1Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 8/2+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 8/5+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 8/6Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt | 8/7+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 8/8Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 8/9+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 8/12+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 8/13+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 8/14+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 8/15Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 8/16+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 8/19+Rice ChexFresh fruit ~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 8/20Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Peach yogurt | 8/21+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 8/22Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 8/23+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 8/26+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 8/27+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 8/28+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 8/29Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 8/30+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |

+ Whole grain

 Breakfast & Snack - September, 2019

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| 9/2 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CLOSED FOR LABOR DAY \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 9/3+Rice ChexFresh fruit ~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 9/4Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | 9/5+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | 9/6Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix |
| 9/9+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 9/10+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 9/11+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 9/12Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 9/13+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 9/16+Rice ChexFresh fruit ~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | 9/17Cinnamon bagel w/butterFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt | 9/18+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar  | 9/19Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | 9/20+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Whole wheat pita breadCucumber slices |
| 9/23+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | 9/24+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | 9/25+CheeriosFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | 9/26Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | 9/27+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| 9/30+Rice ChexFresh fruit ~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches |  |  |  |  |

+ Whole grain