 October 2022 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **4**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **5**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **6**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **7**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **10**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **11**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | **12**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **13**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **14**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **17**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **18**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **19**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **20**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **21**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **24**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **25**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | **26**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **27**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **28**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **31**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese |  |  |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 November 2022 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **2**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **3**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **4**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **7**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **8**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | **9**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **10**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **11**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **14**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **15**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **16**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **17**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **18**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **21**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **22**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | **23**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **24**  CLOSED FOR THANKSGIVING | **25**  CLOSED FOR THANKSGIVING |
| **28**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **29**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **30**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 December 2022 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with breakfast* |  |  | **1**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **2**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **5**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **6**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | **7**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **8**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **9**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **12**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **13**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **14**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **15**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **16**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **19**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **20**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | **21**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **22**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **23**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **26**  CLOSED FOR CHRISTMAS | **27**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **28**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **29**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **30**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese |

+Whole grain

 January 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**  CLOSED FOR NEW YEARS | **3**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **4**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | **5**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **6**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix |
| **9**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **10**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **11**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **12**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **13**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **16**  CLOSED FOR MLK JR DAY | **17**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **18**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | **19**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **20**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix |
| **23**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **24**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **25**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **26**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **27**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **30**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **31**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt |  |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 February 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | **1**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **2**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **3**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **6**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **7**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **8**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **9**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **10**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **13**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **14**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | **15**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **16**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **17**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **20**  CLOSED FOR PRESIDENT’S DAY | **21**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **22**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **23**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **24**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese |
| **27**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **28**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt |  |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 March 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with breakfast* |  | **1**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **2**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **3**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **6**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **7**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **8**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **9**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **10**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **13**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **14**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | **15**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **16**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **17**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **20**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **21**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **22**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **23**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **24**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **27**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **28**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | **29**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **30**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **31**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |

+Whole grain

 April 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **4**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **5**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **6**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **7**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **10**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **11**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | **12**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **13**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **14**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **17**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **18**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **19**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **20**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **21**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **24**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **25**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | **26**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **27**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **28**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
|  |  |  |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 May 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **1**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **2**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **3**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **4**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **5**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **8**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **9**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | **10**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **11**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **12**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **15**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **16**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **17**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **18**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **19**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **22**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **23**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | **24**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **25**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **26**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **29**  CLOSED FOR MEMORIAL DAY | **30**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **31**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 June 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with breakfast* |  |  | **1**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **2**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese |
| **5**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **6**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | **7**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **8**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **9**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **12**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **13**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **14**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **15**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **16**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **19**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **20**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | **21**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **22**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **23**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **26**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **27**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **28**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **29**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **30**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |

+Whole grain

 July 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **4**  CLOSED FOR INDEPENDENCE DAY | **5**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | **6**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **7**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix |
| **10**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **11**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **12**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **13**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **14**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **17**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **18**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | **19**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **20**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **21**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **24**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **25**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **26**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **27**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **28**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **31**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches |  |  |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 August 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Strawberry/banana yogurt | **2**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **3**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **4**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **7**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **8**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **9**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **10**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **11**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **14**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **15**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Cherry/vanilla yogurt | **16**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **17**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **18**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **21**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **22**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **23**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **24**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **25**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **28**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **29**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Peach yogurt | **30**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **31**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 September 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age-appropriate milk must be served with breakfast* |  |  |  | **1**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **4**  CLOSED FOR LABOR DAY | **5**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **6**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **7**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **8**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese |
| **11**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **12**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Raspberry yogurt | **13**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **14**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **15**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |
| **18**  +Whole wheat flakes  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Wheat thins  String cheese | **19**  +Wheat bagel w/cream cheese  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Vanilla yogurt with  Granola | **20**  +Toasted oats  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Soft pretzel  Applesauce | **21**  Rice Crispies  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  +Whole wheat pita pizza with  Cheese | **22**  +Apple oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  +Soft breadsticks  Cheese cubes |
| **25**  +Rice Chex  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Graham cracker  Diced peaches | **26**  Cinnamon raisin bagel  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Saltines  Blueberry yogurt | **27**  +Kix  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Flatbread  Sliced cheddar | **28**  Bran muffin  Fresh fruit  ~~~~~~~~~~~~~~~~~~~~~~  Diced pears  Cereal snack mix | **29**  +Blueberry-peach oatmeal  ~~~~~~~~~~~~~~~~~~~~~~  Triscuits  Cucumber slices & ranch |

+Whole grain