 October 2022 – Breakfast & snack

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

+Whole grain

 January 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**CLOSED FOR NEW YEARS | **3**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **4**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | **5**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **6**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix |
| **9**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **10**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **11**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **12**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **13**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **16**CLOSED FOR MLK JR DAY | **17**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **18**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt | **19**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **20**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix |
| **23**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **24**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **25**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **26**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **27**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **30**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced 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**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **2**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **3**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **6**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **7**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **8**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **9**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **10**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **13**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **14**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | **15**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **16**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **17**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **20**CLOSED FOR PRESIDENT’S DAY | **21**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **22**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **23**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **24**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese |
| **27**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **28**Cinnamon raisin bagelFresh 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**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **2**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **3**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **6**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **7**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **8**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **9**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **10**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **13**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **14**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | **15**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **16**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **17**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **20**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **21**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **22**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **23**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **24**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **27**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **28**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt | **29**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **30**Bran muffinFresh 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 flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **4**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **5**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **6**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **7**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **10**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **11**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Peach yogurt | **12**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **13**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **14**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **17**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **18**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **19**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **20**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **21**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **24**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **25**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | **26**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **27**Bran muffinFresh 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 flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **2**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **3**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **4**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **5**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **8**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **9**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt | **10**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **11**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **12**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **15**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **16**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **17**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **18**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **19**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **22**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **23**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | **24**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **25**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **26**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **29**CLOSED FOR MEMORIAL DAY | **30**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **31**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola |  | *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 oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **2**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese |
| **5**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **6**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt | **7**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **8**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **9**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **12**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **13**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **14**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **15**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **16**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **19**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **20**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Peach yogurt | **21**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **22**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **23**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **26**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **27**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **28**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **29**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **30**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |

+Whole grain

 July 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **3**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **4**CLOSED FOR INDEPENDENCE DAY | **5**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | **6**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **7**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix |
| **10**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **11**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **12**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **13**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **14**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **17**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **18**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt | **19**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **20**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **21**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **24**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **25**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **26**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **27**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **28**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **31**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches |  |  |  | *Age-appropriate milk must be served with breakfast* |

+Whole grain

 August 2023 – Breakfast & snack

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **1**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Strawberry/banana yogurt | **2**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **3**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **4**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **7**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **8**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **9**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **10**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **11**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **14**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **15**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Cherry/vanilla yogurt | **16**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **17**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **18**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **21**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **22**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **23**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **24**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **25**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **28**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **29**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Peach yogurt | **30**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **31**Bran muffinFresh 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 flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **6**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **7**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **8**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese |
| **11**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **12**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Raspberry yogurt | **13**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **14**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **15**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |
| **18**+Whole wheat flakesFresh fruit~~~~~~~~~~~~~~~~~~~~~~Wheat thinsString cheese | **19**+Wheat bagel w/cream cheeseFresh fruit~~~~~~~~~~~~~~~~~~~~~~Vanilla yogurt withGranola | **20**+Toasted oatsFresh fruit~~~~~~~~~~~~~~~~~~~~~~Soft pretzelApplesauce | **21**Rice CrispiesFresh fruit~~~~~~~~~~~~~~~~~~~~~~+Whole wheat pita pizza withCheese | **22**+Apple oatmeal~~~~~~~~~~~~~~~~~~~~~~+Soft breadsticksCheese cubes |
| **25**+Rice ChexFresh fruit~~~~~~~~~~~~~~~~~~~~~~Graham crackerDiced peaches | **26**Cinnamon raisin bagelFresh fruit~~~~~~~~~~~~~~~~~~~~~~Saltines Blueberry yogurt | **27**+KixFresh fruit~~~~~~~~~~~~~~~~~~~~~~FlatbreadSliced cheddar | **28**Bran muffinFresh fruit~~~~~~~~~~~~~~~~~~~~~~Diced pears Cereal snack mix | **29**+Blueberry-peach oatmeal~~~~~~~~~~~~~~~~~~~~~~Triscuits Cucumber slices & ranch |

+Whole grain