



Breakfast & Snack



August, 2019



			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