



## Breakfast & Snack

June, 2019

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