



September 2020 – Breakfast/Snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | 1 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry 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 Closed For Labor Day | 8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 10 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce | 11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese |
| 14 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 15 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana 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 +Cheerios 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 bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt | 30 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | | |

