

August		AM Snack	PM Snack (with Milk)	Fruit/Changes
	Monday	Cereal and Milk / Breakfast Bars and Yogurt / Granola and Yogurt, Fruit / Banana Sunbutter Bowls / Applesauce	Crackers, Cheese, Vegetable, Fruit	
	Tuesday	Oatmeal or Overnight Oats or Baked Oatmeal	COOKING PROJECT + Applesauce, Goldfish	
	Wednesday	Homemade - Bars, Muffins, Blueberry Cookies	Packaged/Pasta, Vegetables	
	Thursday	Smoothie or Yogurt or Chia Pudding	Homemade	
	Friday	Meat or Cottage Cheese, Fruit or Vegetables	Vegetables, Protein/Fat Dip, Fruit	
		AM Snack	PM Snack (with Milk)	
August 1	Thursday	Breakfast Bars & Fruit	COOKING PROJECT + Fruit	
August 2	Friday	Cereal and Milk	Sunbutter Sandwiches & Fruit	
		AM Snack	PM Snack (with Milk)	
August 5	Monday	Banana, Sunbutter & Oats	Potatoes w/Olive Oil, Salt & Pepper	
August 6	Tuesday	Yogurt, Berries & Milk	Seaweed-Rice Crackers, Cheddar, Fruit	Fruit/Changes
August 7	Wednesday	Turkey Bacon, Fruit	Fish Sticks, Applesauce, Cucumbers	
August 8	Thursday	Cottage Cheese, Berries	COOKING PROJECT + Fruit	
August 9	Friday	Mini Waffles, Fruit	Veggie Sticks, Hummus, Fruit	
		AM Snack	PM Snack (with Milk)	
August 12	Monday	Granola, Yogurt, Berries or Raisins	Mac & Cheese, Peas	
August 13	Tuesday	Spinach, Mango, Banana, Coconut Milk Smoothie	Triscuits, Mozzarella Sticks, Fruit	
August 14	Wednesday	Sliced Apples, Sunbutter & Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas	Fruit/Changes
August 15	Thursday	Breakfast Bars & Fruit	COOKING PROJECT + Fruit	
August 16	Friday	Wheat Bagels, Sunbutter & Fruit	Raw Veggies and Hummus	
		AM Snack	PM Snack (with Milk)	
August 19	Monday	Cereal and Milk	Veggie Sticks, Hummus, Fruit	
August 20	Tuesday	Cinnamon Raisin Toast, Fruit	Homemade Sesame Noodles & Cucumbers	
August 21	Wednesday	Applesauce, Toast	Chicken Nuggets, Green Beans, Dried Fruit	Fruit/Changes
August 22	Thursday	Turkey Bacon, Fruit	COOKING PROJECT + Fruit	
August 23	Friday	Cottage Cheese, Berries	Potatoes w/Olive Oil, Salt & Pepper	
		AM Snack	PM Snack (with Milk)	
August 26	Monday	Spinach, Mango, Banana, Coconut Milk Smoothie	Whole Wheat Pasta, Butter, Parmesan Peas	
August 27	Tuesday	Chia Yogurt, Fruit	Sunbutter Sandwiches & Fruit	
August 28	Wednesday	Sliced Apples, Sunbutter & Graham Crackers	Rice crackers, Mozzarella sticks, tomatoes and Fruit	
August 29	Thursday	Mini Waffles, Fruit	COOKING PROJECT + Fruit	
August 30	Friday	Bannanas and Sunbutter	Cheddar Cheese & Fruit	