

Template		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	
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July 30	Monday	Applesauce, Granola	Crackers, Cheese, Vegetable, Fruit	
July 31	Tuesday	Cinnamon Raisin Warm Oatmeal	COOKING PROJECT + Applesauce, Goldfish	Treasure Chest Brown Rice Crispy Treats
Aug 1	Wednesday	Homemade Soft Oatmeal Raisin Bars	Packaged/Pasta, Vegetables	
Aug 2	Thursday	Spinach, Mango, Banana, Coconut Milk Smoothie	Homemade Sesame Noodles & Cucumbers	
Aug 3	Friday	Chicken Sausage, Fruit	Peas, Sweet Potatoes, Fruit	
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Aug 6	Monday	Cereal and Milk, Raisins	Triscuits, Snap Peas, Cheese Sticks, Fruit	
Aug 7	Tuesday	Overnight Oats, Berries	COOKING PROJECT + Fruit	
Aug 8	Wednesday	Zucchini Hemp Muffins, Fruit	Whole Wheat Pasta, Butter, Parmesan Peas	
Aug 9	Thursday	Chia Yogurt, Fruit	Sausage, Brown Rice, Cauliflower, Broccoli, Parmesan	
Aug 10	Friday	Cottage Cheese, Berries	Raw Veggies and Hummus	
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Aug 13	Monday	Bananas, Sunbutter, Hemp/Chia Seeds, Cinnamon	Rice Crackers, Mozzarella (Ball), Tomatoes, Fruit	
Aug 14	Tuesday	Warm Oatmeal, Milk, Berries	COOKING PROJECT + Fruit	
Aug 15	Wednesday	Homemade Chocolate Banana Oat Bars (Vegan), Fruit	Near East Quinoa & Brown Rice, Riced Broccoli	
Aug 16	Thursday	Coconut Raspberry Chia Pudding (Vegan)	Tuna & Veggie Cakes, Fruit	
Aug 17	Friday	Turkey Bacon, Fruit	Raw Veggies, Yogurt Tzatziki + Birthday Party	Birthday Party
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Aug 20	Monday	Granola, Yogurt, Berries or Raisins	Seaweed-Rice Crackers, Cheddar, Cucumbers, Fruit	
Aug 21	Tuesday	Strawberry-Banana Baked Oatmeal	COOKING PROJECT + Fruit	
Aug 22	Wednesday	Homemade Blueberry Breakfast Cookies	Mac & Cheese, Broccoli	
Aug 23	Thursday	Mixed Berry, Spinach, Banana, & Avocado Smoothie	Veggie Stir Fry, Rice, Pineapple, Sesame, Soy Sauce	
Aug 24	Friday	Chicken Sausage, Fruit	Raw Veggies, Guacamole	
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Aug 27	Monday	Breakfast Bars, Yogurt	Triscuits, Cheese (Mozz) Bell Pepper Slices, Fruit	
Aug 28	Tuesday	Overnight Oats, Berries	COOKING PROJECT + Fruit	
Aug 29	Wednesday	Homemade Sunbutter Banana Oat Bars	Red Lentil Pasta, Green Beans, Fruit	
Aug 30	Thursday	Banana-Yogurt-Chia Pudding, Strawberries	Slow Cooker Salsa Chicken Rice Bowls (w/ veggies)	
Aug 31	Friday	Turkey, Riced Broccoli, Cinnamon Sweet Potatoes	Celery, Sunbutter, Apple Slices	