

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	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Oct 1	Monday	Cereal and Milk, Dry Fruit	English Muffin Pizza, sauce & cheese	
Oct 2	Tuesday	Pancakes, Fruit	COOKING PROJECT + Applesauce, Goldfish	
Oct 3	Wednesday	Breakfast Bars, Yogurt	Packaged/Pasta, Vegetables	
Oct 4	Thursday	Spinach, Mango, Banana, Coconut Milk Smoothie	Homemade Sesame Noodles & Cucumbers	
Oct 5	Friday	Turkey Sausage, Fruit	Veggie Sticks, Hummus, Fruit	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Oct 8	Monday	Cereal and Milk, Raisins	Triscuits, Snap Peas, Cheese Sticks, Fruit	
Oct 9	Tuesday	Oatmeal, Berries	COOKING PROJECT + Fruit	
Oct 10	Wednesday	Applesauce, Graham Crackers	Whole Wheat Pasta, Butter, Parmesan Peas	
Oct 11	Thursday	Chia Yogurt, Fruit	Chicken Nuggets, Green Beans, Dried Fruit	
Oct 12	Friday	Cottage Cheese, Berries	Raw Veggies and Hummus	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Oct 15	Monday	Cinnamon Raisin Toast, Fruit	Rice Crackers, Mozzarella Sticks, Tomatoes, Fruit	
Oct 16	Tuesday	Cereal and Milk, Fruit	COOKING PROJECT + Fruit	
Oct 17	Wednesday	Banana, Sunbutter & Oats	Rice Edamame, Soy Sauce	
Oct 18	Thursday	Yogurt, Berries & Milk	Near East Quinoa & Brown Rice, Riced Broccoli	
Oct 19	Friday	Turkey Bacon, Fruit	Fish Sticks, Applesauce, Cucumbers	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Oct 22	Monday	Granola, Yogurt, Berries or Raisins	Seaweed-Rice Crackers, Cheddar, Cucumbers, Fruit	
Oct 23	Tuesday	Wheat Bagels, Sunbutter & Fruit	COOKING PROJECT + Fruit	
Oct 24	Wednesday	Breakfast Bars, Fruit	Mac & Cheese, Broccoli	
Oct 25	Thursday	Mixed Berry, Spinach, Banana, & Avocado Smoothie	Veggie Stir Fry, Rice, Pineapple, Sesame, Soy Sauce	
Oct 26	Friday	Turkey Bacon, Fruit	Raw Veggies, Ranch Dressing	
		AM Snack	PM Snack (with Milk)	Fruit/Changes
Oct 29	Monday	Breakfast Bars, Yogurt	Triscuits, Mozzarella Sticks, Fruit	
Oct 30	Tuesday	Warm Oatmeal, Berries	COOKING PROJECT + Fruit	
Oct 31	Wednesday	Cereal and Milk, Raisins	English Muffin Pizza, sauce & cheese	