

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)	Fruit/Changes
Aug. 2	Monday	Cinnamon Toast, Fruit & Milk	Pretzels & Sunbutter	
Aug. 3	Tuesday	Cereal & Milk	Grilled Cheese Sandwich & Cooked Broccoli	
Aug. 4	Wednesday	English Muffins w/ Cheese & Fruit	Graham Crackers & Yogurt	Fruit/Changes
Aug. 5	Thursday	Breakfast Parfait & Milk	COOKING PROJECT & Fruit	
Aug. 6	Friday	Breakfast Bars, Fruit & Milk	Goldfish & Dried Fruit	
		AM Snack	PM Snack (with Milk)	
Aug. 9	Monday	Blueberry Muffins, Applesauce & Milk	Tortilla Chips, Refried beans, Salsa & Milk	
Aug. 10	Tuesday	Mini Pancakes & Fruit	Veggie Sticks & a Fruit	
Aug. 11	Wednesday	Breakfast Sausage, Fruit & Milk	Ritz Crackers, Sunbutter & Fruit	Fruit/Changes
Aug. 12	Thursday	Mini Bagels, Fruit & Milk	COOKING PROJECT & Fruit	
Aug. 13	Friday	Yogurt, Fruit	Fish sticks& Green Beans	
		AM Snack	PM Snack (with Milk)	
Aug. 16	Monday	Applesauce, Toast	Goldfish Crackers & Applesauce	
Aug. 17	Tuesday	Mini waffles, Fruit & Milk	Sugar Free Pudding & Graham Crackers	
Aug. 18	Wednesday	Granola, Berries	Rice Cakes & Apple Butter	
Aug. 19	Thursday	Bananas and Honey	COOKING PROJECT & Fruit	
Aug. 20	Friday	Cereal & Milk	Chicken Nuggets & Peas	
		AM Snack	PM Snack (with Milk)	
Aug..23	Monday	French Toast Sticks & Milk	Sugar Free Jello & String Cheese	
Aug. 24	Tuesday	Breakfast Bars, Fruit & Milk	Chicken Nuggets & Green Beans	
Aug. 25	Wednesday	Banana Muffins & Yogurt	Tuna Fish & Crackers	
Aug. 26	Thursday	English Muffins w/ Cheese& Applesauce	Fish sticks& Green Beans	
Aug..27	Friday	Breakfast Sausage, Fruit & Milk	Tortilla Chips & Salsa & Fruit	
		AM Snack	PM Snack (with Milk)	
Aug..30	Monday	Granola, Berries	Veggie Sticks & Fruit	
Aug..31	Tuesday	Biscuits & Jelly, Fruit & Milk	Grilled Cheese Sandwich & Cooked Broccoli	