



## Breakfast & Snack - October, 2019

	10/1 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	10/2 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10/4 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
10/7 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10/8 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	10/9 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	10/10 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	10/11 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
10/14 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10/15 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	10/16 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10/18 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
10/21 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10/22 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	10/23 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	10/24 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	10/25 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
10/28 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10/29 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	10/30 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	10/31 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	

+ Whole grain



## Breakfast & Snack - November, 2019

				11/1 +Blueberry-peach oatmeal  ~~~~~ +Soft breadsticks Cheese cubes
11/4 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	11/5 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	11/6 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	11/7 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	11/8 +Apple oatmeal  ~~~~~ Triscuits Cucumber slices & ranch
11/11 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	11/12 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	11/13 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	11/14 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	11/15 +Blueberry-peach oatmeal  ~~~~~ +Soft breadsticks Cheese cubes
11/18 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	11/19 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	11/20 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	11/21 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	11/22 +Apple oatmeal  ~~~~~ Triscuits Cucumber slices & ranch
11/25 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	11/26 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	11/27 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	11/28 ***** CLOSED FOR THANKSGIVING *****	11/29 ***** CLOSED FOR THANKSGIVING *****

+ Whole grain



## Breakfast & Snack - December, 2019

12/2 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/3 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/4 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	12/5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	12/6 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
12/9 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/10 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	12/11 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	12/12 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	12/13 +Blueberry-peach oatmeal ~~~~~ +Soft breadsticks Cheese cubes
12/16 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/17 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12/18 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	12/19 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	12/20 +Apple oatmeal ~~~~~ Triscuits Cucumber slices & ranch
12/23 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	12/24 +Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	12/25 ***** CLOSED FOR CHRISTMAS DAY *****	12/26 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	12/27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
12/30 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	12/31 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola			

+ Whole grain