




Breakfast & Snack - February, 2019

<p>~This menu is designed for children age 12+ months</p>	<p>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>		<p>2/1 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>2/4 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>2/5 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p>2/6 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>2/7 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>2/8 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices</p>
<p>2/11 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>2/12 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>2/13 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>2/14 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>2/15 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>2/18 ***** CLOSED FOR PRESIDENT'S DAY *****</p>	<p>2/19 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>2/20 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt</p>	<p>2/21 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>2/22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>
<p>2/25 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>2/26 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>2/27 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>2/28 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	

+ Whole grain




Breakfast & Snack - March, 2019

				3/1 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
3 /4 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	3/5 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	3/6 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	3/7 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	3/8 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
3/11 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	3/12 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	3/13 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	3/14 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	3/15 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
3/18 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	3/19 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	3/20 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	3/21 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	3/22 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
3/25 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	3/26 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	3/27 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	3/28 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	3/29 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+ Whole grain



Breakfast & Snack - April, 2019

4/1 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4/2 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	4/3 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	4/4 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4/5 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
4/8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	4/9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	4/10 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	4/11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	4/12 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
4/15 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4/16 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	4/17 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	4/18 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4/19 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
4/22 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	4/23 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	4/24 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	4/25 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	4/26 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
4/29 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4/30 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	~This menu is designed for children age 12+ months	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

+ Whole grain



Breakfast & Snack - May, 2019

		5/1 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5/2 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	5/3 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
5/6 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	5/7 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	5/8 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	5/9 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	5/10 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
5/13 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	5/14 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	5/15 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5/16 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	5/17 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
5/20 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	5/21 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	5/22 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	5/23 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	5/24 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
5/27 ***** CLOSED FOR MEMORIAL DAY *****	5/28 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	5/29 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	5/30 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5/31 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix

+ Whole grain



Breakfast & Snack - June, 2019

6/3 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	6/4 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	6/5 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	6/6 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	6/7 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
6/10 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	6/11 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	6/12 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	6/13 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	6/14 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
6/17 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	6/18 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	6/19 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	6/20 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	6/21 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
6/24 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	6/25 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	6/26 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	6/27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	6/28 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices

+ Whole grain



Breakfast & Snack - July, 2019

7/1 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	7/2 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	7/3 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	7/4 ***** CLOSED FOR INDEPENDENCE DAY *****	7/5 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
7/8 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	7/9 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	7/10 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	7/11 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	7/12 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
7/15 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	7/16 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	7/17 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	7/18 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	7/19 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
7/22 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	7/23 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	7/24 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	7/25 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	7/26 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
7/29 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	7/30 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	7/31 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce		

+ Whole grain



Breakfast & Snack - August, 2019

			8/1 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	8/2 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
8/5 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	8/6 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	8/7 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	8/8 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	8/9 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
8/12 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	8/13 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	8/14 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	8/15 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	8/16 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
8/19 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	8/20 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	8/21 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	8/22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	8/23 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
8/26 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	8/27 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	8/28 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	8/29 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	8/30 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+ Whole grain



Breakfast & Snack - September, 2019

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

+ Whole grain