



January 2021 – Breakfast & snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| <i>Age appropriate milk must be served with breakfast</i> | | | | 1 CLOSED FOR NEW YEARS DAY |
| 4 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 5 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt | 6 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 7 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 8 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 11 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 12 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 13 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 14 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 15 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 18 CLOSED FOR MLK JR DAY | 19 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 20 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt | 21 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix |
| 25 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 26 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 27 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 28 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 29 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |

+Whole grain



February 2021 – Breakfast & snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 2 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt | 3 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 4 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 5 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 10 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 12 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 15 CLOSED FOR PRESIDENTS DAY | 16 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 17 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt | 18 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix |
| 22 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 23 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 24 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 25 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 26 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| | | | | <i>Age appropriate milk must be served with breakfast</i> |

+Whole grain



March 2021 – Breakfast & snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 1 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 2 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt | 3 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 4 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 5 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 10 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 12 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 15 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 16 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt | 17 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 18 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 19 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 22 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 23 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 24 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 25 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 26 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 29 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 30 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt | 31 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | | <i>Age appropriate milk must be served with breakfast</i> |

+Whole grain



April 2021 – Breakfast & snack

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

+Whole grain



May 2021 – Breakfast & snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 3 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 4 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 5 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 6 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 7 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 10 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 11 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt | 12 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 13 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 14 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 17 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 18 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 19 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 20 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 21 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 24 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 25 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt | 26 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 28 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 31 CLOSED FOR MEMORIAL DAY | | | | <i>Age appropriate milk must be served with breakfast</i> |

+Whole grain



June 2021 – Breakfast & snack

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

+Whole grain



July 2021 – Breakfast & snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| Age appropriate milk must be served with breakfast | | | 1 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 2 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 5 CLOSED FOR INDEPENDENCE DAY | 6 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 7 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt | 8 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 9 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix |
| 12 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 13 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 14 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 15 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 16 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 19 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 20 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt | 21 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 23 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 26 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 27 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 28 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 29 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 30 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |

+Whole grain



August 2021 – Breakfast & snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 2 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 3 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt | 4 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 5 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 6 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 9 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 10 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 11 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 12 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 13 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 16 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 17 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt | 18 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar | 19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix | 20 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch |
| 23 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese | 24 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola | 25 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce | 26 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese | 27 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes |
| 30 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches | 31 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt | | | <i>Age appropriate milk must be served with breakfast</i> |

+Whole grain



September 2021 – Breakfast & snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p><i>Age appropriate milk must be served with breakfast</i></p> | | <p>1 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p> | <p>2 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p> | <p>3 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p> |
| <p>6 CLOSED FOR LABOR DAY</p> | <p>7 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p> | <p>8 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p> | <p>9 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p> | <p>10 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p> |
| <p>13 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p> | <p>14 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt</p> | <p>15 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p> | <p>16 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p> | <p>17 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p> |
| <p>20 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p> | <p>21 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p> | <p>22 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p> | <p>23 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p> | <p>24 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p> |
| <p>27 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p> | <p>28 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p> | <p>29 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p> | <p>30 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p> | |

+Whole grain