



August 2025 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with breakfast				1 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
4 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	5 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	6 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	7 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	8 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
11 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	12 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Mango yogurt	13 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	14 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	15 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
18 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	19 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	20 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	21 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	22 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
25 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	26 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Blueberry yogurt	27 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	28 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	29 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices

*Whole grain