



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	2 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	3 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	4 CLOSED FOR INDEPENDENCE DAY
7 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	8 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	9 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	10 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	11 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
14 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	15 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	16 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	17 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	18 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
21 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	22 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	23 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	24 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	25 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
28 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	29 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	30 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	31 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	<i>Age-appropriate milk must be served with breakfast</i>

*Whole grain