



# September 2025 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CLOSED FOR LABOR DAY</b>	<b>2</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>3</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>4</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>5</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese
<b>8</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>9</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	<b>10</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>11</b> Kix* Fresh fruit ~~~~~ Sweet potato crackers Vanilla yogurt	<b>12</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>15</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>16</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>17</b> Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>18</b> Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<b>19</b> Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
<b>22</b> Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>23</b> Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	<b>24</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>25</b> Kix* Fresh fruit ~~~~~ Sweet potato crackers Vanilla yogurt	<b>26</b> Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
<b>29</b> Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	<b>30</b> Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola			<i>Age-appropriate milk must be served with breakfast</i>

\*Whole grain