



October 2025 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with breakfast</i>		1 Toasted oats* Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	2 Whole wheat bagel* Fresh fruit ~~~~~ Soft pretzel Applesauce	3 Apple oatmeal* ~~~~~ Graham cracker Diced peaches
6 Rice Chex* Fresh fruit ~~~~~ Strawberry oatmeal bar* Cheese cubes	7 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	8 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	9 Kix* Fresh fruit ~~~~~ Vanilla yogurt Granola	10 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
13 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins Cheddar cheese round	14 Rice Crispies Fresh fruit ~~~~~ Sweet potato cracker* Vanilla yogurt	15 Toasted oats* Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	16 Whole wheat bagel* Fresh fruit ~~~~~ Soft pretzel Applesauce	17 Apple oatmeal* ~~~~~ Graham cracker Diced peaches
20 Rice Chex* Fresh fruit ~~~~~ Strawberry oatmeal bar* Cheese cubes	21 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Mango yogurt	22 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	23 Kix* Fresh fruit ~~~~~ Vanilla yogurt Granola	24 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
27 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins Cheddar cheese round	28 Rice Crispies Fresh fruit ~~~~~ Sweet potato cracker* Vanilla yogurt	29 Toasted oats* Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	30 Whole wheat bagel* Fresh fruit ~~~~~ Soft pretzel Applesauce	31 Apple oatmeal* ~~~~~ Graham cracker Diced peaches

*Whole grain