



January 2021 – Breakfast & snack

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

+Whole grain