



# January 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>4</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	<b>5</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>6</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>7</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>10</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>11</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>12</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>13</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>14</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>17</b>  <b>CLOSED FOR MLK JR            DAY</b>	<b>18</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>19</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	<b>20</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>21</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
<b>24</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>25</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>26</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>27</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>28</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>31</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches				<i>Age-appropriate milk must be            served with breakfast</i>

+Whole grain



# February 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	<b>2</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>3</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>4</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>7</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>8</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>9</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>10</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>11</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>14</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>15</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	<b>16</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>17</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>18</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>21</b>  CLOSED FOR PRESIDENT'S DAY	<b>22</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>23</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>24</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>25</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese
<b>28</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches				<i>Age-appropriate milk must be served with breakfast</i>

+Whole grain



# March 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>	<p><b>1</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p><b>2</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>3</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>4</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>7</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>8</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>9</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>10</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>11</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>14</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>15</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt</p>	<p><b>16</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>17</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>18</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>21</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>22</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>23</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>24</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>25</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>28</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>29</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt</p>	<p><b>30</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>31</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	

+Whole grain



# April 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>				<p><b>1</b> Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>4</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>5</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>6</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>7</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>8</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>11</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>12</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt</p>	<p><b>13</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>14</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>15</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>18</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>19</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>20</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>21</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>22</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>25</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>26</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p><b>27</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>28</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>29</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>

+Whole grain



# May 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>3</b> +Wheat bagel w/cream cheese 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>6</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>9</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>10</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	<b>11</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>12</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>13</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>16</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>17</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>18</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>19</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>20</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>23</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>24</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	<b>25</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>26</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>27</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>30</b>  <b>CLOSED FOR            MEMORIAL DAY</b>	<b>31</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese			<i>Age-appropriate milk must be            served with breakfast</i>

+Whole grain



# June 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>		<p><b>1</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>2</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>3</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>
<p><b>6</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>7</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt</p>	<p><b>8</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>9</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>10</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>13</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>14</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>15</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>16</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>17</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>20</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>21</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt</p>	<p><b>22</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>23</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>24</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>27</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>28</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>29</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>30</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	

+Whole grain



# July 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>				<p><b>1</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>4</b>  <b>CLOSED FOR INDEPENDENCE DAY</b></p>	<p><b>5</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>6</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p><b>7</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>8</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>
<p><b>11</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>12</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>13</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>14</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>15</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>18</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>19</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p><b>20</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>21</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>22</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>25</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>26</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>27</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>28</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>29</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>

+Whole grain



# August 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>2</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	<b>3</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>4</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>5</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>8</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>9</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>10</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>11</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>12</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>15</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>16</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	<b>17</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	<b>18</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	<b>19</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
<b>22</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	<b>23</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	<b>24</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	<b>25</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	<b>26</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
<b>29</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	<b>30</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	<b>31</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar		<i>Age-appropriate milk must be served with breakfast</i>

+Whole grain





# September 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>			<p><b>1</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>2</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>5</b>  <b>CLOSED FOR LABOR DAY</b></p>	<p><b>6</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>7</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>8</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>9</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>
<p><b>12</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>13</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p><b>14</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>15</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>16</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>
<p><b>19</b> +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p><b>20</b> +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p><b>21</b> +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p><b>22</b> Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p><b>23</b> +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p><b>26</b> +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p><b>27</b> Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p><b>28</b> +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p><b>29</b> Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p><b>30</b> +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices &amp; ranch</p>

+Whole grain