



September 2025 – Breakfast & Snack

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

*Whole grain