



January 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	5 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	6 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	7 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
10 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	11 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	12 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	13 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	14 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
17 CLOSED FOR MLK JR DAY	18 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	19 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	20 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	21 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix
24 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	25 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	26 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	27 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	28 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
31 +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
	1 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	2 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
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	11 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
14 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	15 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	16 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	18 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
21 CLOSED FOR PRESIDENT'S DAY	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
28 +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>1 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p>2 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>3 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>4 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>7 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>8 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>9 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>10 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>11 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>14 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>15 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt</p>	<p>16 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>17 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>18 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>21 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>22 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>23 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>24 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>25 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>28 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>29 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt</p>	<p>30 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>31 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>1 Blueberry-peach oatmeal</p> <p>~~~~~</p> <p>Triscuits Cucumber slices & ranch</p>
<p>4 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>5 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>6 +Toasted oats Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>7 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>8 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>11 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>12 Blueberry bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Cherry/vanilla yogurt</p>	<p>13 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>14 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>15 +Blueberry-peach oatmeal</p> <p>~~~~~</p> <p>Triscuits Cucumber slices & ranch</p>
<p>18 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>19 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>20 +Toasted oats Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>21 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>22 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>25 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>26 Blueberry bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Peach yogurt</p>	<p>27 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>28 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>29 +Blueberry-peach oatmeal</p> <p>~~~~~</p> <p>Triscuits Cucumber slices & ranch</p>

+Whole grain



May 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	3 +Wheat bagel w/cream cheese 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	6 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
9 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	10 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	11 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	12 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	13 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
16 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	17 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	18 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce	19 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	20 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
23 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	24 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt	25 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	26 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	27 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
30 CLOSED FOR MEMORIAL DAY	31 +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>1 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>2 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>3 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>
<p>6 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>7 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt</p>	<p>8 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>9 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>10 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>13 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>14 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>15 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>16 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>17 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>20 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>21 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt</p>	<p>22 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>23 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>24 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>27 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>28 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>29 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>30 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>1 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p>	<p>5 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>6 Blueberry bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Peach yogurt</p>	<p>7 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>8 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>
<p>11 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>12 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>13 +Toasted oats Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>14 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>15 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>18 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>19 Blueberry bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Raspberry yogurt</p>	<p>20 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>21 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>22 +Blueberry-peach oatmeal</p> <p>~~~~~</p> <p>Triscuits Cucumber slices & ranch</p>
<p>25 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>26 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>27 +Toasted oats Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>28 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>29 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>

+Whole grain



August 2022 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
1 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	2 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry 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 Strawberry/banana 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 Cherry/vanilla yogurt	31 +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>1 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>2 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>5 CLOSED FOR LABOR DAY</p>	<p>6 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>7 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>8 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>9 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>
<p>12 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>13 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>14 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>15 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>16 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>19 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>20 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>21 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>22 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>23 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>26 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>27 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt</p>	<p>28 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>29 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>30 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>

+Whole grain