



October 2024 – Breakfast & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	2 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	3 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	4 Apple oatmeal* ~~~~~ Soft breadsticks* Cheese cubes
7 Rice Chex* Fresh fruit ~~~~~ Graham cracker Diced peaches	8 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	9 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	10 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	11 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
14 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	15 Whole wheat biscuit* 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 Cinnamon toasted oats* Fresh fruit ~~~~~ Saltines Peach yogurt	23 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	24 Kix* Fresh fruit ~~~~~ Cinnamon crackers* Vanilla yogurt	25 Blueberry-peach oatmeal* ~~~~~ Veggie crackers* Apple slices
28 Whole wheat flakes* Fresh fruit ~~~~~ Wheat thins String cheese	29 Whole wheat biscuit* Fresh fruit ~~~~~ Vanilla yogurt with Granola	30 Toasted oats* Fresh fruit ~~~~~ Soft pretzel Applesauce	31 Rice Crispies Fresh fruit ~~~~~ Whole wheat pita pizza with* Cheese	<i>Age-appropriate milk must be served with breakfast</i>

*Whole grain