

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Breakfast</u> 1% Milk, Eggo Whole Grain Waffle Apples <u>Snack</u> Yogurt, Wheat Thins, Water	2 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Strawberries <u>Snack</u> Pretzels, applesauce, water	3 <u>Breakfast</u> 1% Milk, Pancakes, Blueberries <u>Snack</u> Cheese Stick, Graham cracker, Water	4 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Oranges/tangerine <u>Snack</u> Pretzels, applesauce, 100% Juice, Water
7 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Bananas <u>Snack</u> Cucumbers, Ranch, 100% Apple Juice, Water	8 <u>Breakfast</u> 1% Milk, Eggo Whole Grain Waffle Apples <u>Snack</u> Fruit cup, Animal cracker, Water	9 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Strawberries <u>Snack</u> Cheese Stick, Ritz crackers, 100% Juice Water	10 <u>Breakfast</u> 1% Milk, Pancakes, Blueberries <u>Snack</u> Yogurt, Pretzels, Water	11 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios , Fresh Oranges/tangerines <u>Snack</u> Gold Fish, applesauce, 100% Juice, Water
14 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Bananas <u>Snack</u> Pretzels, Applesauce, 100% Juice, Water	15 <u>Breakfast</u> 1% Milk, Eggo Whole Grain Waffle, Apples <u>Snack</u> Yogurt, Wheat Thins, Water	16 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Strawberries <u>Snack</u> Animal cracker, 100% Juice, Water	17 <u>Breakfast</u> 1% Milk, Pancakes, Blueberries <u>Snack</u> Cheese Stick, Graham cracker, Water	18 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Oranges/tangerines <u>Snack</u> Pretzels, applesauce, 100% Juice, Water
21 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Bananas <u>Snack</u> Cucumbers, Ranch, 100% Apple Juice, Water	22 <u>Breakfast</u> 1% Milk, Eggo Whole Grain Waffle, Apples <u>Snack</u> Tris Fruit cup, Animal cracker, Water	23 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Bananas <u>Snack</u> Cheese Stick, Ritz crackers, 100% Juice Water	24 <u>Breakfast</u> 1% Milk, Pancakes, Blueberries <u>Snack</u> Yogurt, Pretzels, Water	25 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Bananas <u>Snack</u> Gold Fish, applesauce, 100% Juice, Water
28 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Bananas <u>Snack</u> Pretzels, Applesauce, 100% Juice, Water	29 <u>Breakfast</u> 1% Milk, Eggo Whole Grain Waffle, Apples <u>Snack</u> Tris Fruit cup, Animal cracker, Water	30 <u>Breakfast</u> 1% Milk, Whole grain oat Cheerios, Bananas <u>Snack</u> Cheese Stick, Ritz crackers, 100% Juice Water		Water is available throughout the day! Children aged 3-5 receive unflavored 1% milk Children aged 6-12 receive unflavored 1% milk