

### September 2020 Snack Menu

Breakfast & Snack Menu

*Skim Milk & 100% Juice Served Daily*

|           | Monday                                  | Tuesday                                | Wednesday                                | Thursday                               | Friday                              |
|-----------|---|--|--|--|-------------------------------------|
| Breakfast |   | Cereal 1<br>Milk/Orange Juice          | Toast 2<br>Milk/Orange Juice             | Yogurt/Granola 3<br>Milk/Orange Juice  | Bagels 4<br>Milk/Orange Juice       |
| AM Snack  |   | Toast<br>Milk                          | Applesauce/Grahams<br>Milk               | Bagels<br>Milk                         | Yogurt/Granola<br>Milk              |
| PM Snack  |   | Watermelon<br>Animal Crackers<br>Water | Pretzel Thins<br>Raisins<br>Water        | Snack Crackers<br>Craisins<br>Water    | Cheese Crackers<br>Carrots<br>Water |
| Breakfast | 7                                       | Cereal 8<br>Milk/Orange Juice          | Toast 9<br>Milk/Orange Juice             | Yogurt/Granola 10<br>Milk/Orange Juice | Bagels 11<br>Milk/Orange Juice      |
| AM Snack  | CCYC Closed<br>for Labor Day            | Toast<br>Milk                          | Applesauce/Grahams<br>Milk               | Bagels<br>Milk                         | Yogurt/Granola<br>Milk              |
| PM Snack  |   | Bananas<br>Graham Crackers<br>Water    | Cottage Cheese<br>Pretzel Thins<br>Water | Wheat Thins<br>Craisins<br>Water       | Tortilla<br>Sunbutter/Jelly<br>Milk |
| Breakfast | Oatmeal/Raisins 14<br>Milk/Orange Juice | Cereal 15<br>Milk/Orange Juice         | Toast 16<br>Milk/Orange Juice            | Yogurt/Granola 17<br>Milk/Orange Juice | Bagels 18<br>Milk/Orange Juice      |
| AM Snack  | Cereal<br>Milk                          | Toast<br>Milk                          | Applesauce/Grahams<br>Milk               | Bagels<br>Milk                         | Yogurt/Granola<br>Milk              |
| PM Snack  | Applesauce<br>Grahams<br>Water          | Cantaloupe<br>Animal Crackers<br>Water | Cheese Crackers<br>Carrots<br>Water      | Pretzel Thins<br>Craisins<br>Water     | Snack Crackers<br>Raisins<br>Water  |
| Breakfast | Oatmeal/Raisins 21<br>Milk/Orange Juice | Cereal 22<br>Milk/Orange Juice         | Toast 23<br>Milk/Orange Juice            | Yogurt/Granola 24<br>Milk/Orange Juice | Bagels 25<br>Milk/Orange Juice      |
| AM Snack  | Cereal<br>Milk                          | Toast<br>Milk                          | Applesauce/Grahams<br>Milk               | Bagels<br>Milk                         | Yogurt/Granola<br>Milk              |
| PM Snack  | Chips<br>Salsa<br>Milk                  | Apples<br>Sunbutter<br>Milk            | Snack Crackers<br>String Cheese<br>Water | Cheese Crackers<br>Raisins<br>Water    | Wheat Thins<br>Craisins<br>Water    |
| Breakfast | Oatmeal/Raisins 28<br>Milk/Orange Juice | Cereal 29<br>Milk/Orange Juice         | Toast 30<br>Milk/Orange Juice            |  |                                     |
| AM Snack  | Cereal<br>Milk                          | Toast<br>Milk                          | Applesauce/Grahams<br>Milk               |  |                                     |
| PM Snack  | Yogurt<br>Blueberries<br>Water          | Watermelon<br>Animal Crackers<br>Water | Pretzel Thins<br>Raisins<br>Water        |  |                                     |