

July 2025 Snack Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Breakfast: Bagels & Cream Cheese PM Snack: Cucumbers with Hummus	2 Breakfast: Cornbread & Mango PM Snack: Yogurt & Fruit	3 Breakfast: French Toast & Fruit PM Snack: String Cheese & Crackers	4	5
6	7 Breakfast: Cereal with milk & Fruit PM Snack: Sunbutter with Crackers	8 Breakfast: Pancakes with Fruit PM Snack: Goldfish & Mango/ Craisins [Rm 5-8]	9 Breakfast: Quesadilla PM Snack: Graham Crackers & Fruit	10 Breakfast: Biscuits & Mango PM Snack: Cucumbers with Ranch	11 Breakfast: Bagels & Cream Cheese PM Snack: String Cheese & Crackers	12
13	14 Breakfast: French Toast & Fruit PM Snack: Goldfish & Mango/ Craisins [Rm 5-8]	15 Breakfast: Quesadilla PM Snack: Sunbutter with Crackers	16 Breakfast: Cereal with milk & Fruit PM Snack: String Cheese & Crackers	17 Breakfast: Pancakes with Fruit PM Snack: Yogurt & Fruit	18 Breakfast: Biscuits & Mango PM Snack: Graham Crackers & Fruit	19
20	21 Breakfast: Pancakes & Fruit PM Snack: Yogurt & Fruit	22 Breakfast: Cereal with milk & Fruit PM Snack: Mango & whipped cream	23 Breakfast: Cornbread & Fruit PM Snack: String Cheese & Crackers	24 Breakfast: Biscuits & Fruit PM Snack: Cucumbers with Hummus	25 Breakfast: Quesadilla PM Snack: Goldfish & Mango Craisins [5-8]	26
27	28 Breakfast: Cereal with milk & Fruit PM Snack: Graham Crackers & Fruit	29 Breakfast: Cornbread & Fruit PM Snack: Goldfish & Mango/ Craisins [Rm 5-8]	30 Breakfast: Bagels & Cream Cheese PM Snack: Yogurt & Fruit	31 Breakfast: Quesadilla PM Snack: String Cheese & Crackers	Note: H2O is recommended as a beverage with breakfast/snack, however not part of meal requirements. SERVING SIZE: 1-2 year olds: Milk: 1/2 cup, juice: 1/4 cup, fruit: 1/4 cup, cereal/oatmeal: 1/4 cup, crackers/cookies: 2 or 1/4 cup. 3-5 year olds: Milk: 1/3 cup, juice 1/2 cup, fruit 1/3 cup, cereal/oatmeal: 3/4 cup, crackers/cookies: 2 or 3/4 cup.	