



August
2026

PRESCHOOL SNACK MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1	
2	AM:Ritz Crackers (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	3	4	5	6	7	8
		AM: Waffles (1 ss), fruit (140g), milk (1 cup) PM:Pretzels (1oz), fruit (140g), milk (1 cup)	AM: Bagel (1 ss) and cream cheese (1ss), fruit (140g), milk (1 cup) PM:Teddy Grahams (0.75oz), fruit (140g), milk (1 cup)	AM:Cereal (1 ss), fruit (140g), milk (1 cup) PM:Mini cheese ritz crackers (1.5oz), fruit (140g), milk (1 cup)	AM: Blueberry Muffins (1 ss), fruit (140g), milk (1 cup) PM: Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup)		
9	10	11	12	13	14	15	
	AM: Waffles (1 ss), fruit (140g), milk (1 cup) PM:Nutri Grain Bar (1 bar), fruit (140g), milk (1 cup)	AM: Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup) PM:Biscuit (1ss) and grape jelly (0.5oz), fruit (140g), milk (1 cup)	AM:Ritz Crackers (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	AM: Blueberry Muffins (1 ss), fruit (140g), milk (1 cup) PM:Goldfish (0.75oz), fruit (140g), milk (1 cup)	AM: Cereal (1 ss), fruit (140g), milk (1 cup) PM:Animal Crackers (1ss), fruit (140g), milk (1 cup)		
16	17	18	19	20	21	22	
	AM: Cereal (1 ss), fruit (140g), milk (1 cup) PM:Teddy Grahams (0.75oz), fruit (140g), milk (1 cup)	AM:Ritz Crackers (1ss), slice cheese (1 slice), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	AM: Pancakes (1 ss), fruit (140g), milk (1 cup) PM:Nutri Grain Bar (1 bar), fruit (140g), milk (1 cup)	AM: Biscuit (1ss) and grape jelly (0.5oz), fruit (140g), milk (1 cup) PM: Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup)	AM: Waffles (1 ss), fruit (140g), milk (1 cup) PM:Blueberry Muffins (1 ss), fruit (140g), milk (1 cup)		
23	24	25	26	27	28	29	
	AM: Graham crackers (1/4 cup), cream cheese (1ss), fruit (140g), milk (1 cup) PM:Mini cheese ritz crackers (1.5oz), fruit (140g), milk (1 cup)	AM: Pancakes (1 ss), fruit (140g), milk (1 cup) PM:Nutri Grain Bar (1 bar), fruit (140g), milk (1 cup)	AM: Cereal (1 ss), fruit (140g), milk (1 cup) PM:Goldfish (0.75oz), fruit (140g), milk (1 cup)	AM:Waffles (1 ss), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)	AM: Bagel (1 ss) and cream cheese (1ss), fruit (140g), milk (1 cup) PM:Teddy Grahams (0.75oz), fruit (140g), milk (1 cup)		
30	31						
	AM:Nutri Grain Bar (1 bar), fruit (140g), milk (1 cup) PM: Cheez-It (1.5oz), fruit (140g), milk (1 cup)						

