

Breakfast & Snack Menu



Summer/Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
I	Breakfast Cereal: Cheerios, Corn Flakes Pears Milk* Snack Goldfish Crackers Apples Water	Breakfast Whole Wheat English Muffins Oranges Milk* Snack Yogurt Canned Pears Water	Breakfast Cream of Wheat Bananas Milk* Snack Wheat Crackers Mozzarella Cheese Sticks Water	Breakfast Breakfast Parfait (Yogurt, Canned Peaches, Cheerios, sprinkled in) Milk* Snack Graham Crackers Apples Water	Breakfast Whole Wheat Toast Oranges Milk* Snack Whole Wheat Pita Bread Sun-butter Water
II	Breakfast Cereal: Life, Corn Flakes Oranges Milk* Snack Whole Grain Soft Pretzels Pears Water	Breakfast Plain Oatmeal (w/ Raisins and Cinnamon) Bananas Milk* Snack Goldfish Crackers Pears Water	Breakfast Yogurt Cheerios (sprinkled in) Frozen Strawberries Milk* Snack Graham Crackers Apples Water	Breakfast Whole Wheat Bagels Apples Milk* Snack Wheat Thins (Ancient Grains) Hummus Water	Breakfast Whole Wheat Toast Pears Milk* Snack Mozzarella Cheese Sticks Tomato Slices Water
III	Breakfast Cereal: Corn Flakes, Life Bananas Milk* Snack Yogurt Canned Pears Water	Breakfast Whole Wheat Toast Hard-Boiled Eggs Apples Milk* Snack Sun-butter Apple Slices Water	Breakfast Whole Wheat English Muffins Pears Milk* Snack Cucumber Sticks Hummus Water	Breakfast Cream of Wheat Oranges Milk* Snack Graham Crackers Bananas Water	Breakfast Yogurt Cheerios (sprinkled in) Canned Peaches Milk* Snack Goldfish Crackers Oranges Water
IV	Breakfast Cereal: Cheerios, Life Pears Milk* Snack Wheat Thins (Ancient Grains) Hummus Water	Breakfast Whole Wheat Bagels Bananas Milk* Snack Mozzarella Cheese Sticks Apple Slices Water	Breakfast Whole Wheat Toast Hard-Boiled Eggs Oranges Milk* Snack Yogurt Canned Peaches Water	Breakfast Yogurt Cheerios (sprinkled in) Blueberries Milk* Snack Whole Wheat Pita Bread Salsa Oranges Water	Breakfast Overnight Oats w/ Cinnamon Apples Milk* Snack Goldfish Crackers Bananas Water

*Milk served is Whole, Non-fat, or Soy

UBCCC is an Equal Opportunity Provider

**Juice is not served for any meals