Breakfast & Snack Menu (North)



Winter/Spring 2023-24

	Monday	Tuesday	Wednesday	Thursday	Friday
T	Breakfast: Cereal: Cheerios, Life Oranges Milk*	Breakfast: Whole Wheat Toast Hard-Boiled Eggs Bananas Milk*	Breakfast: Raisin Bread Apples Milk*	Breakfast: Yogurt Canned Peaches Cheerios Milk*	Breakfast: Overnight Oats Frozen Strawberries Raisins Milk*
	Snack: Cottage Cheese Mandarin Oranges Water	Snack: Assorted Crackers Mozzarella Cheese Sticks Water	Snack: Trail Mix (Cheerios, Life Cereal, Raisins) Water	Snack: Graham Crackers Bananas Water	Snack: Whole Wheat Cheez-it's Apples Water
II	Breakfast: Cereal: Cheerios, Corn Flakes Apples Milk*	<i>Breakfast:</i> Whole Wheat Bagels Bananas Milk*	Breakfast: Whole Wheat English Muffins Mandarin Oranges Milk*	Breakfast: Cereal Cheerios, Rice Chex Bananas Milk*	Breakfast: Whole Wheat Waffles Frozen Mangos Milk*
	Snack: Soft Pretzels Oranges Water	Snack: Triscuit Crackers (Ritz Crackers for Infants) Salsa Water	Snack: Mozzarella Cheese Sticks Bananas Water	Snack: Goldfish Crackers Apples Water	Snack: Animal Crackers Oranges Water
III	Breakfast: Cereal: Cheerios, Life Canned Pears Milk*	<i>Breakfast:</i> Raisin Bread Bananas Milk*	Breakfast: Whole Wheat Pancakes Applesauce Milk*	Breakfast: Overnight Oats Frozen Strawberries Raisins Milk*	Breakfast: Whole Wheat Toast Hard-Boiled Eggs Bananas Milk*
	Snack: Triscuit Crackers (Ritz Crackers for Infants) Salsa Water	Snack: Soft Pretzels Oranges Water	Snack: Assorted Crackers Mozzarella Cheese Sticks Water	<i>Snack:</i> Graham Crackers Frozen Mangos Water	Snack: Trail Mix (Cheerios, Life Cereal, Raisins) Water
IV	Breakfast: Cereal: Cheerios, Corn Flakes Oranges Milk*	Breakfast: Whole Wheat Waffles Frozen Mangos Milk*	Breakfast: Yogurt Canned Peaches Cheerios Milk*	Breakfast: Whole Wheat French Toast Sticks Oranges Milk*	Breakfast: Cereal Cheerios, Rice Chex Strawberries Milk*
	Snack: Graham Crackers Apples Water	Snack: Mozzarella Cheese Sticks Canned Pineapples Water	<i>Snack:</i> Goldfish Crackers Bananas Water	Snack: Animal Crackers Apples Water	<i>Snack:</i> Raisin Bread Applesauce Water

^{*}Milk served is Whole, Non-fat, or Soy