

# Kids Kare Center



## July 2018 Breakfast and Snack Menu

Week 1		2	3	4	5	6
Breakfast	Honey Nut Cheerios Cereal/Juice/Milk	Oatmeal/Applesauce/Milk			Banana Bread/Mandarin Oranges/Milk	French Toast Sticks/Fruit Cocktail/Milk
Afternoon	Nilla Wafers & Peach Fruit Cups	String Cheese & Ritz Crackers			WW Cheddar Goldfish & Bananas	Pretzels & Apples
Week 2		9	10	11	12	13
Breakfast	Cinnamon Toast Cereal/Pears/Milk	Pancakes/Strawberries/Milk	Toast/Pears/Milk	Pigs in a Blanket/Mandarin Oranges/Milk	Frudel/Pears/Milk	
Afternoon	Popcorn Mix & Craisins	Pudding & Nilla Wafers	Granolla Bar & Milk (Nutri-G Bar for Tods &>)	Graham Crackers & Applesauce	Mini Bagels w/Strawberry CC	
Week 3		16	17	18	19	20
Breakfast	Captain Crunch/Juice/Milk	Oatmeal/Applesauce/Milk	Waffles/Peaches/Milk	Muffins/Mandarin Oranges/Milk	French Toast Sticks/Fruit Cocktail/Milk	
Afternoon	100 cal Chip Ahoy & Go-gurt	Rice Krispie Bars & Milk	Oat Biscuit & Milk	Veggie Straws & Bananas	Cheese-its and Peach Fruit Cups	
Week 4		23	24	25	26	27
Breakfast	Golden Grahams/Juice/Milk	Pancakes/Strawberries/Milk	Toast/Pears/Milk	Bagles w/CC/Peaches/Milk	Frudel/Pears/Milk	
Afternoon	Fruit Snacks & Pretzels	Graham Crackers & Applesauce	Granolla Bar & Milk (Nutri-G Bar for Tods &>)	Go-gurt & Veggie Straws	Chips w/ Salsa & String Cheese	
Week 5		30	31			
Breakfast	Life Cereal/Juice/Milk	Oatmeal/Applesauce/Milk				
Afternoon	WW Cheddar Goldfish & Milk	String Cheese & Ritz Crackers				