


## WOW Breakfast and Snack Menu- September, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 <b>Breakfast:</b> Cereal with Applesauce and Milk <b>Snack:</b> Fig Newtons with Oranges	4 Breakfast: Bagels with Cream cheese, Pineapple, and Milk Snack: Vanilla Yogurt with Bananas	Breakfast: Pancake with Applesauce and Milk Snack: Soft Pretzels with Cheese and Pineapple	6 Breakfast: Cereal, Peaches and Milk Snack: America cheese slice with Ritz crackers and Apple Slices
9 Breakfast: Cereal with Pears and Milk Snack: Chicken Mini Tacos/ with Mandarin Oranges	10 Breakfast: Biscuits with Strawberries and Milk Snack: Mini Pizza with Applesauce	11 Breakfast: Veggie sausage with waffles and peaches Snack: Naan Dipper with Hummus and Peaches	12 Breakfast: Boiled Eggs with Bananas and Milk Snack: Wheat Thins with Applesauce	13 Breakfast: Cereal with Apple Slices and Milk Snack: Fig Newtons with Strawberries
16 Breakfast: Cereal with Bananas and Milk Snack: Animal Crackers with Fruit	17 Breakfast: English Muffins with Strawberries and Milk Snack: Turkey and Cheese sandwich with Apple Slices	18 Breakfast: Vanilla Yogurt with Blueberries and Milk Snack: Sting Cheese with saltine Crackers and Pears	19 Breakfast: Cheese Toast with Oranges and Milk Snack: Nutri Grain Bars with Apple Slices	20 Breakfast: Cereal with Strawberries and Milk Snack: Goldfish with Mandarin Oranges
23 Breakfast: Cereal with Peaches and Milk Snack: Cheez Itz with Pineapples	24 Breakfast: Waffles with Applesauce and Milk Snack: Steamed Carrots with Ranch and Ritz Crackers	25 Breakfast: Cheese Omelet with Biscuits and Milk Snack: Vanilla Yogurt with Strawberries	26 Breakfast: French Toast with Blueberries and Milk Snack: Tuna with Ritz cracker and Bananas.	27 Breakfast: Cereal with Pineapples and Milk Snack: Graham Crackers with Bananas
30 Breakfast: Cereal with Blueberries and Milk Snack: Trial Mix with Mixed Fruit				