

July

SUMMER SNACK



Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon Rumbles/ Fruit 2	Goldfish "Hot & Spicy" Cheddar Crackers/ Fruit Goldfish Pretzels/ Fruit 3	Holiday 4	Goldfish Cheddar Crackers/ Fruit 5	Blazin' Hot Seeds / Fruit String Cheese/ Fruit 6
Goldfish Pretzels/ Fruit 9	Educational Snacks/ Fruit 10	Goldfish "Colors" Crackers/ Fruit 11	Honey Grahams/ Fruit 12	RF Honey Wheat Crackers/ Fruit 13
Goldfish Cheddar Crackers/ Fruit 16	Sunflower Seeds/ Fruit String Cheese/ Fruit 17	Goldfish "Hot & Spicy" Cheddar Crackers/ Fruit Goldfish Pretzels/ Fruit 18	Ranch Rumbles/ Fruit 19	Educational Snacks/ String Cheese 20
Cinnamon Grahams/ Fruit 23	Goldfish Pretzels/ Fruit 24	RF Honey Wheat Crackers / Fruit 25	Cinnamon Rumbles / Fruit 26	Goldfish "Colors" Crackers / Fruit 27
Ranch Rumbles / Fruit 30	Goldfish "Hot & Spicy" Cheddar Crackers/ Fruit Goldfish Pretzels/ Fruit 31			

Did You Know?

Small bites, big nutrition. Healthy snacks can provide growing kids with important energy between meals. Choose whole grains, lean protein, and fruits or veggies for your best energy between meals.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

This institution is an equal opportunity provider

