

Snack Menu for July, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 am: Blueberry Muffins, Fruit pm: Graham Crackers, Applesauce	2 am: Raisin Toast, Fruit pm: Saltine Crackers, Cheese Cubes, Fruit	3 CENTER CLOSED INDEPENDENCE DAY
6 am: Scrambled Cheesy Eggs, Fruit pm: Rice Cakes w/ Apple Butter, Fruit	7 am: Cereal, Bananas pm: Cream Cheese & Jelly Pinwheels, Fruit	8 am: Matzo w/ Cream Cheese, Fruit pm: Veggies w/ Ranch Dressing, Whole Wheat Crackers	9 am: Toast w/ Butter, Fruit pm: Strawberry Yogurt w/ Fruit Parfaits	10 am: Cereal, Bananas pm: Multigrain Crackers, Cheese Cubes, Fruit
13 am: Blueberry Pancakes pm: Graham Crackers, Applesauce	14 am: Cereal, Bananas pm: Cheese Tea Sandwiches, Fruit	15 am: Strawberry Muffins, Fruit pm: Banana Bread w/ Fruit	16 am: Cheese Toast, Fruit pm: Peach Yogurt w/ Fruit Parfaits	17 am: Cereal, Bananas pm: Animal Crackers, Fruit
20 am: Waffles, Fruit pm: Matzo & Applesauce	21 am: Cereal, Bananas pm: Vanilla Yogurt w/ Fruit Parfaits	22 am: Cinnamon Toast, Fruit pm: Rice Cakes w/ Apple Butter, Fruit	23 am: Banana Bread, Fruit pm: Costa Rican Batidos (smoothies), Graham Crackers	24 am: Cereal, Bananas pm: Pita Bread, Tzatziki, Cucumbers
27 am: Scrambled Cheesy Eggs, Fruit pm: Animal Crackers, Fruit	28 am: Cereal, Bananas pm: Tea Sandwiches – Cream Cheese on Wheat, Cucumbers	29 am: Bagels, Fruit pm: Matzo & Applesauce	30 am: Blueberry Muffins, Fruit pm: Saltine Crackers, Cheese Cubes, Fruit	31 am: Cereal, Bananas pm: Vanilla Yogurt w/ Fruit Parfaits

MENU SUBJECT TO CHANGE ** WE SERVE MILK AND WATER WITH ALL SNACKS

****We will provide an alternate snack for those with allergies and/or food preferences.**

We serve fruit that is fresh, canned or frozen in natural juices and whole grain bread, cereal and crackers most frequently; 1% milk for children 2 years & older and whole milk to children 12-24 months old. We have indicated items with ethnic origin in bold print. Snacks may be switched from time to time due to items being out of stock in the stores or a surplus of items we have in the center. **We are a peanut free facility.**

****Foods not served to children under the age of 4 due to potential choking hazards:** Hot dogs - whole or rounds, Whole Grapes, Whole Cherry Tomatoes, Whole Raw Carrots, Hard Candy, Nuts & Seeds, Raw Peas, Hard Pretzels, Popcorn, Raisins, Marshmallows, Chunks of meat larger than ½ inch.