


SEPTEMBER

			1 AM- Pancakes with syrup PM- Yogurt and peaches EXT- Goldfish and apple juice	2 AM- Bananas and milk PM- Cottage cheese with mango EXT-Turkey and cheese cubes
5 	6 AM- Muffins (apple cinnamon) and milk PM- Carrots and ranch EXT- Pita bread and hummus	7 AM-English muffin with butter PM-Granola bars and apple juice EXT- Animal crackers with milk	8 AM-Cereal with milk PM- Ritz crackers with pepperoni EXT-Goldfish and apple juice	9 AM-Cottage cheese with peaches PM-Sweet potato crackers with turkey EXT-Pears and cheese-its
12 AM-Nutrigrain bars and milk PM-Carrots with ranch EXT- Ritz with cheese cubes	13 AM- Bagels and cream cheese PM- Pita bread and hummus EXT- Goldfish and oranges	14 AM-French toast with syrup and milk PM-Wheat crackers and pears EXT-Pineapple and cottage cheese	15 AM-Chewy granola bars and milk PM- Carrots and ranch EXT- Vanilla wafers and milk	16 AM-English muffins with butter PM-Ritz crackers and cheese cubes EXT-Goldfish and pineapple
19 AM-Waffles and syrup PM-Fig newtons and bananas EXT-Apple slices and sun butter	20 AM- Peaches and yogurt PM-Cheez its with applesauce EXT- Celery with hummus	21 AM-Pineapple and sweet potato crackers PM-Wheat crackers with cheese cubes EXT- Carrots and ranch	22 AM-Rice crispy cereal and milk PM-Cheez its with peaches EXT-Mango and cottage cheese	23 AM-Animal crackers w/ Mandarin oranges PM-Vanilla wafers w/ chocolate pudding EXT- Strawberry Chex and milk
26 AM- Nutrigrain bars and milk PM-Pita chips and hummus EXT- Pineapple and goldfish	27 AM-Peaches and yogurt PM-Granola bars and milk EXT-Guacamole and tortilla chips	28 AM-English muffins with grape jelly PM-Pineapple and cottage cheese EXT-Wheat bread with sun butter	29 AM-Fig newtons and milk PM-Cheese cubes and pepperoni EXT-Peaches and cheese its	30 AM-Waffles and syrup PM-Carrots with ranch EXT- Ritz crackers with applesauce