

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
1OZ WG GRAHAM CRACKERS 1/2 CUP COTTAGE CHEESE	1/2 CUP EGG SALAD 2OZ WHOLE GRAIN ROLL	1OZ CHEESE CUBES 1/2 CUP SLICED CUCUMBER	2OZ WG BANANA MUFFIN 1/2 CUP APPLESAUCE	1/2 CUP YOGURT CUP 1OZ WG GRANOLA
10	11	12	13	14
1OZ CHEESE CUBES 1/2 CUP SLICED CUCUMBER	1OZ WG GRAHAM GRACKERS 1/2 CUP YOGURT CUP	2OZ WG BLUEBERRY MUFFIN 1OZ CHEESE	1OZ WG CRACKERS 1/2 CUP CHEESE CUBES	2OZ WG APPLE CINNAMON MUFFIN 1OZ CHEESE
17	18	19	20	21
1.5OZ PEANUT BUTTER 1/2 CUP WHOLE GRAIN CRACKERS	1/2 CUP YOGURT CUP 1OZ WG GRANOLA	1OZ WG GRAHAM CRACKERS 1/2 CUP COTTAGE CHEESE	1/2 CUP EGG SALAD 2OZ WHOLE GRAIN ROLL	1OZ RAISIN BRAN 8OZ MILK
24	25	26	27	28
2OZ WG BANANA MUFFIN 1/2 CUP APPLESAUCE	1/2 CUP COTTAGE CHEESE 1/2 CUP FRUIT CUP	2OZ WG APPLE CINNAMON MUFFIN 1OZ CHEESE	1/2 CUP YOGURT CUP 1OZ WG GRANOLA	1OZ CHEESE CUBES 1/2 CUP SLICED CUCUMBER
31				
1/2 CUP YOGURT CUP 1OZ WG GRANOLA				