

# September 2022

| Sun | Mon   | Tue   | Wed   | Thu   | Fri   | Sat |
|-----|---|---|---|---|---|-----|
|     |   |   |   | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8<br>String cheese and whole grain crackers                                   | 9<br>String cheese and whole grain crackers                                   | 10  |
| 11  | 12<br>Assorted whole grain crackers and fresh fruit                     | 13<br>Yogurt, carrots and whole grain crackers                | 14<br>Yogurt, carrots and whole grain crackers                | 15<br>Red and green apples with whole grain crackers                          | 16<br>Red and green apples with whole grain crackers                          | 17  |
| 18  | 19<br>Ants on a log: Craisins on a celery log with whole grain crackers | 20<br>Flies (raisins) in the pudding and whole grain crackers | 21<br>Flies (raisins) in the pudding and whole grain crackers | 22<br>Worms (whole grain spaghetti) with fresh fruit                          | 23<br>Worms (whole grain spaghetti) with fresh fruit                          | 24  |
| 25  | 26<br>Whole grain cereal with milk                                      | 27<br>Ladybug Rice cake with fresh fruit                      | 28<br>Ladybug Rice cake with fresh fruit                      | 29<br>Spider web made with whole grain crackers, cheese and served with fruit | 30<br>Spider web made with whole grain crackers, cheese and served with fruit |     |