

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 String Cheese and Whole Grain Crackers	8 String Cheese and Whole Grain Crackers	9
10	11 Carrots and Let- tuce with whole grain crackers	12 Red fruit and veg- etables with whole grain crack- ers	13 Red fruit and veg- etables with whole grain crack- ers	14 Ham and Cheese Roll-up With whole grain crackers	15 Ham and Cheese Roll-up With whole grain crackers	16
17	18 Cherry To- mato Kabobs with whole grain crackers	19 Rocky Road Pudding and graham crack- ers with fruit	20 Rocky Road Pudding and graham crack- ers with fruit	21 Tasting red and green apple and whole grain crackers	22 Tasting red and green apple and whole grain crackers	23
24	25 Apple-Banana Smoothie and whole grain crack- ers	26 Jam, fruit and Graham Cracker Cheesecake	27 Jam, Fruit and Graham Cracker Cheesecake	28 Cherry toma- toes, Broccoli, and cheese with whole grain crackers	29 Cherry toma- toes, Broccoli, and cheese with whole grain crackers	30