

July

Morning Snack Calendar

Please provide for ____ children. All snacks must be nut free, not processed in a plant containing nuts and store bought.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 Sun butter, rice cakes and UNCUT bananas	2 Blueberries and cottage cheese	3 CVDS CLOSED FOR INDEPENDENCE DAY 
6 *French toast and low sugar syrup	7 Applesauce and whole wheat English muffins	8 Oatmeal and bananas	9 *Waffles and Fresh UNCUT fruit	10 Cucumbers, cream cheese and whole grain crackers
13 *Mini pancakes and fresh UNCUT fruit	14 Fresh fruit salad (Store bought)	15 Wheat crackers, sliced cheese and turkey	16 *Healthy cereal bars and bananas	17 Fresh UNCUT strawberries and yogurt
20 Oatmeal and fresh UNCUT berries	21 *Mini pancakes and fresh UNCUT fruit	22 Fresh UNCUT oranges and mini bagels	23 Fresh UNCUT Apples, sunbutter and pita bread	24 UNCUT Watermelon and whole wheat toast
27 *French toast sticks and fresh UNCUT fruit	28 Cucumber slices and cream cheese with whole grain crackers	29 Blackberries and whole wheat toast	30 Fresh UNCUT Strawberries and vanilla yogurt	31 Healthy cereal and bananas

*Please be sure ALL snack products are NUT-FREE and not processed in a plant containing nuts. All items must be store bought.

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Afternoon Snack Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 Cereal bears and oranges 5PM _____ (Milk)	2 Oatmeal and bananas 5PM _____ (Milk)	3 CVDS CLOSED FOR INDEPENDENCE DAY 
6 Wheat thins and string cheese 5PM _____ (Milk)	7 Mild cheddar cheese and wheat thins 5PM _____ (Milk)	8 Kids Healthy Choice 😊 5PM _____ (Milk)	9 Whole wheat toast with low sugar jam 5PM _____ (Milk)	10 Mini bagels and cream cheese 5PM _____ (Milk)
13 Pita bread and hummus 5PM _____ (Milk)	14 Mild cheddar cheese and apple slices 5PM _____ (Milk)	15 Applesauce and graham crackers 5PM _____ (Milk)	16 Kids Healthy Choice 😊 5PM _____ (Milk)	17 Animal crackers and fresh fruit 5PM _____ (Milk)
20 Orange slices and pretzels 5PM _____ (Milk)	21 Applesauce and string cheese 5PM _____ (Milk)	22 Goldfish crackers and apple slices 5PM _____ (Milk)	23 English muffin pizzas 5PM _____ (Milk)	24 Mini bagels and plain cream cheese 5PM _____ (Milk)
27 Goldfish and cheese slices 5PM _____ (Milk)	28 Pretzels and String Cheese 5PM _____ (Milk)	29 Yellow cheese and Ritz Crackers 5PM _____ (Milk)	30 Kids Healthy Choice 😊 5PM _____ (Milk)	31 Danimals yogurt and pretzels 5PM _____ (Milk)

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