

# July 2024

|          | MONDAY                                  | TUESDAY                                 | WEDNESDAY                                | THURSDAY                           | FRIDAY                                 |
|----------|---|---|--|------------------------------------|--|
|          | 1                                       | 2                                       | 3  | 4                                  | 5                                      |
| AM Snack | Cereal with milk                        | Graham crackers with sunbutter and milk | Pancakes with apple butter with milk     | Oatmeal cookies with milk          | Sports bites vanilla Grahams with milk |
| PM Snack | Crackers with sliced cheese and water   | Bean and veggie crackers with water     | Apple Cinnamon Bears with water          | Cheeze it crackers with water      | Strawberry waffle grahams with water   |
|          | 8                                       | 9                                       | 10                                       | 11                                 | 12                                     |
| AM Snack | Yogurt with granola and water           | Sports bites vanilla Grahams with milk  | Graham crackers with sunbutter with milk | Cereal and milk                    | Apple cinnamon bears with milk         |
| PM Snack | Strawberry waffle grahams with water    | Crackers with sliced cheese and water   | Goldfish crackers with water             | Animal cracker with milk           | Cheeze Its with water                  |
|          | 15                                      | 16                                      | 17                                       | 18                                 | 19                                     |
| AM Snack | Graham crackers with sunbutter and milk | Cereal with milk                        | Animal crackers with milk                | Waffles with apple butter and milk | Lemon blueberry Bites with milk        |
| PM Snack | Bean and veggie crackers with water     | Sports bites Vanilla Grahams with water | Pretzel Goldfish with water              | Apple cinnamon bears with water    | Cheeze Its with water                  |
|          | 22                                      | 23                                      | 24                                       | 25                                 | 26                                     |
| AM Snack | Waffles and applebutter with milk       | Strawberry waffle grahams with milk     | Oatmeal cookies with milk                | Cereal and milk                    | Animal crackers with milk              |
| PM Snack | Apple cinnamon bears with water         | Sports bites Vanilla Grahams with water | Cheeze it crackers with water            | Lemon blueberry bites with water   | Bean and veggie crackers with water    |
|          | 29                                      | 30                                      | 31                                       | 1                                  | 2                                      |
| AM Snack | Cereal with milk                        | Graham crackers and sunbutter with milk | Yogurt and granola with water            | Oatmeal cookies with milk          | Sports bites Vanilla Grahams with milk |

|          |                                       |                                     |                                  |                               |                                      |
|----------|---------------------------------------|-------------------------------------|----------------------------------|-------------------------------|--------------------------------------|
| PM Snack | Crackers with sliced cheese and water | Bean and veggie crackers with water | Lemon blueberry Bites with water | Cheeze it crackers with water | Strawberry waffle grahams with water |
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