

COMO EARLY LEARNING CENTER

July 2026 Breakfast/Snack Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R K F S	1. Kix Corn Puffs=4 grams of sugar per 3/4 cup serving	3. Corn flakes= 2 grams of sugar per 1/2 cup serving.	1. Rice Crispies Cereal, Fresh Fruit, Milk	2. Toasted Oats Cereal, Fresh Fruit, Milk	3. CLOSED
S N A C K	2. Toasted Oats= 2 grams of sugar per 1/2 cup serving	4. Rice Crispies= 4 grams of sugar per 3/4 cup serving	Wholegrain Goldfish Crackers, Milk * 0 grams of sugar per serving	Whole Grain Cheeze its, Milk * 7 grams of sugar per serving	Saltine Crackers, String Cheese Mozzarella Stick, Water *1 gram of sugar per serving
B R K F S T	6. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	7. Toasted Oats Cereal, Fresh Fruit, Milk	8. Rice Crispies Cereal, Fresh Fruit, Milk	9. Corn Flakes Cereal, Fresh Fruit, Milk	10. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk
S N A C K	Whole Grain Mixed Berry Animal Crackers, Milk *6 grams of sugar per serving	Original Multigrain Sun Chips, Milk * 2 grams of sugar per serving	Chex Mix Simply Strawberry and Yogurt, Milk *6 grams of sugar per serving	String Cheese Mozzarella Stick, Saltine crackers, Water *1 gram of sugar per serving	Strawberry Nonfat Yogurt (12 grams of sugar per serving) and Plain Granola (4 grams of sugar per serving), Water
B R K F S T	13. Toasted Oats Cereal, Fresh Fruit, Milk	14. Rice Crispies Cereal, Fresh Fruit, Milk	15. Corn Flakes Cereal, Fresh Fruit, Milk	16. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	17. Toasted Oats Cereal, Fresh Fruit, Milk
S N A C K	Whole Grain Veggie Crackers, Milk * 1 gram of sugar per serving	Wholegrain Goldfish Crackers, Milk * 0 grams of sugar per serving	Strawberry Nonfat Yogurt (12 grams of sugar per serving) and Plain Granola (4 grams of sugar per serving), Water	Whole Grain Cheeze its, Milk * 7 grams of sugar per serving	Chex Mix Simply Strawberry and Yogurt, Milk *6 grams of sugar per serving
B R K F S T	20. Rice Crispies Cereal, Fresh Fruit, Milk	21. Corn Flakes Cereal, Fresh Fruit, Milk	22. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	23. Toasted Oats Cereal, Fresh Fruit, Milk	24. Rice Crispies Cereal, Fresh Fruit, Milk
S N A C K	Whole Grain Mixed Berry Animal Crackers, Milk *6 grams of sugar per serving	Original Multigrain Sun Chips, Milk * 2 grams of sugar per serving	String cheese Mozzarella Stick, Saltine Crackers, Water * 1 gram of sugar per serving	Blueberry Nonfat Yogurt (12 grams of sugar per serving) and Plain Granola (4 grams of sugar per serving), Water	Whole Grain Veggie Crackers, Milk *1 gram of sugar per serving
B R K F S T	27. Corn Flakes Cereal, Fresh Fruit, Milk	28. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	29. Toasted Oats Cereal, Fresh Fruit, Milk	30. Rice Crispies Cereal, Fresh Fruit, Milk	31. Corn Flakes Cereal, Fresh Fruit, Milk
S N A C K	Saltine Crackers, String Cheese Mozzarella Stick, Water *1 gram of sugar per serving	Wholegrain Goldfish Crackers, Milk * 0 grams of sugar per serving	Whole Grain Mixed Berry Animal Crackers, Milk *6 grams of sugar per serving	Whole Grain Cheeze its, Milk * 7 grams of sugar per serving	Chex Mix Simply Strawberry and Yogurt, Milk *6 grams of sugar per serving

