

COMO EARLY LEARNING CENTER

September 2026 Breakfast/Snack Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R K F S		1. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	2. Rice Crispies Cereal, Fresh Fruit, Milk	3. Toasted Oats Cereal, Fresh Fruit, Milk	4. Corn Flakes Cereal, Fresh Fruit, Milk
S N A C K		Chex Mix Simply Strawberry and Yogurt, Milk *6 grams of sugar per 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	7. CLOSED for LABOR DAY	8. Toasted Oats Cereal, Fresh Fruit, Milk	9. Rice Crispies Cereal, Fresh Fruit, Milk	10. Corn Flakes Cereal, Fresh Fruit, Milk	11. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk
S N A C K		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	14. Toasted Oats Cereal, Fresh Fruit, Milk	15. Rice Crispies Cereal, Fresh Fruit, Milk	16. Corn Flakes Cereal, Fresh Fruit, Milk	17. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	18. 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	Cherry Vanilla 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	21. Rice Crispies Cereal, Fresh Fruit, Milk	22. Corn Flakes Cereal, Fresh Fruit, Milk	23. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	24. Toasted Oats Cereal, Fresh Fruit, Milk	25. 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	28. Corn Flakes Cereal, Fresh Fruit, Milk	29. Whole Grain Kix corn puffs Cereal, Fresh Fruit, Milk	30. Toasted Oats Cereal, Fresh Fruit, Milk	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.
S N A C K	Saltine Crackers, String Cheese Mozzarella Stick, Water *1 gram of sugar per serving	Chex Mix Simply Strawberry and Yogurt, Milk *6 grams of sugar per serving	Whole Grain Mixed Berry Animal Crackers, Milk *6 grams of sugar per serving	2. Toasted Oats= 2 grams of sugar per 1/2 cup serving	4. Rice Crispies= 4 grams of sugar per 3/4 cup serving

