

## HEALTHY FRESH MEALS - JULY 2026 SNACK MENU

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
SNACK				1oz Cheese Cubes 1/2c Sliced Cucumber		2oz WG Banana Muffin 1/2c Applesauce		1/2c Yogurt Cup 1oz WG Granola	
6		7		8		9		10	
SNACK	1oz Cheese Cubes 1/2c Sliced Cucumber	1oz WG Graham Crackers 1/2c Yogurt Cup		2oz WG Blueberry Muffin 1oz Cheese		1oz WG Crackers 1/2c Cheese Cubes		2oz WG Apple Cinnamon Muffin 1oz Cheese	
13		14		15		16		17	
SNACK	1.5oz Peanut Butter 1/2c Celery	1/2c Yogurt Cup 1oz WG Granola		1oz WG Graham Crackers 1/2c Cottage Cheese		1/2c Egg Salad 2oz WG Roll		1oz Raisin Bran Cereal 8oz Milk	
20		21		22		22		24	
SNACK	2oz WG Banana Muffin 1/2c Applesauce	1/2c Cottage Cheese 1/2c Fruit Cup		2oz WG Apple Cinnamon Muffin 1oz Cheese		1/2c Yogurt Cup 1oz WG Granola		1oz Cheese Cubes 1/2c Sliced Cucumber	
27		28		29		30		31	
SNACK	1/2c Yogurt Cup 1oz WG Granola	1.5oz Peanut Butter 1/2c Celery		1/2c Egg Salad 2oz WG Roll		2oz WG Apple Cinnamon Muffin 1oz Cheese		1/2c Cottage Cheese 1/2c Fruit Cup	