

September 2025

High Plains Food Bank Breakfast & Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR LABOR DAY	2 B: Cereal & Mixed Fruit SN: Graham Crackers Pears	3 B: Cereal Banana SN: Goldfish String Cheese Fruit	4 B: Bagel, Cream Cheese Fruit SN: Fruit and Yogurt	5 B: Cereal Fruit Yogurt SN: Corn Chips Fruit Turkey Slices
8 B: Yogurt Fruit SN: Goldfish Fruit Juice	9 B: Cereal Fruit SN: Turkey Sandwich Cereal Fruit	10 B: Biscuit Jelly Fruit SN: Graham Crackers Applesauce	11 B: Cereal Fruit Yogurt SN: Goldfish Fruit	12 B: Bagel Fruit Cream Cheese SN: Cheese Sauce Corn Chips Fruit
15 B: Cereal Fruit SN: Macaroni with Cheese Fruit Juice	16 B: Bagel Yogurt Fruit SN: Turkey Slices Cheese Fruit	17 B: Cereal Fruit Yogurt SN: Fruit Goldfish Fruit Cheese	18 B: Biscuit Jelly Fruit SN: Yogurt Fruit Graham Crackers	19 B: Bagel Fruit Cream Cheese SN: Goldfish Yogurt Fruit
22 B: Yogurt Fruit SN: Goldfish Fruit Juice	23 B: Bagel Yogurt Fruit SN: Turkey Slices Cheese Fruit	24 B: Cereal Banana SN: Goldfish String Cheese Fruit	25 B: Biscuit Jelly Fruit SN: Yogurt Fruit Cereal	26 B: Cereal Fruit SN: Macaroni with Cheese Fruit Juice
29 B: Bagel Fruit Cream Cheese SN: Goldfish Yogurt Fruit	30 B: Cereal Fruit Yogurt SN: Graham Crackers Fruit			



Announcements

Steamed Veggies for toddlers instead of Salads
BBQ Sauce for Daycare
Ketchup and Mustard for Burgers
Mayo and Mustard for Sandwiches when available



Milk: Must be Served with Breakfast, Lunch, and Supper

* Whole, unflavored milk for children 1-2 years old, 1% or nonfat unflavored milk for children 2-5 years old must be served at breakfast, lunch and supper



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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