

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 AM Cereal bars PM Veggie straws & Craisins	4 AM Apples & Cereal PM Chips & Hummus	5 AM Yogurt & Berries PM Goldfish & Raisins	6 AM Oranges & Cereal PM Cheese & crackers	7 AM Graham crackers & Applesauce PM Chex Mix	8
9	10 AM Cereal bars PM Veggie straws & Apples	11 AM Watermelon & Graham crackers PM Pretzels & Craisins	12 AM Yogurt & Berries PM Cukes & Crackers	13 AM Bagels & cream cheese PM Goldfish & Cheese	14 AM Fruit cups & cereal PM Chips & Hummus	15
16	17 AM Cereal bars PM Goldfish & Cheese	18 AM Yogurt & Berries PM Veggie straws & Raisins	19 AM Bananas & Graham crackers PM Wheat thins & Craisins	20 AM Fruit cups & Cereal PM Chips & Hummus	21 AM Bagels & Cream cheese PM Chex Mix	22
23	24 AM Cereal bars PM Wheat thin & Craisins	25 AM Apples & Cereal PM Pretzels & Cheese	26 AM Yogurt & Bananas PM Veggie straws & Raisins	27 AM Bagels & cream cheese PM Cukes & Hummus	28 AM Fruit cups & Graham crackers PM Chex Mix	29
31						