

AM & PM Snack

April 2026



(WGR)-Whole Grain (WW)-Whole Wheat

(MGR) - Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	**This institution is an equal opportunity provider**		1 (WGR) Cereal Mix Apple Sauce Club Crackers Water	2 (WGR) Goldfish Crackers Banana Wheat Thins Water	3 (WW)Whole Wheat Crackers Watermelon Ritz Crackers Water	4 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
5 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	6 Goldfish Crackers Apple Sauce Orange Slices Water	7 (WW) Mini Bagels & Cream Cheese Banana Cheez-It Crackers Water	8 Graham Crackers Pineapple Chunks Chex-Mix Water	9 (WW) Wheat Crackers String Cheese Banana Water	10 GoGurt Orange Slices Club Crackers Water	11 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
12 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	13 Ritz Crackers String Cheese Apple Slices Water	14 (WGR) Wheat Thins Watermelon Orange Slices Water	15 (WGR) Cereal Mix Apple Sauce Club Crackers Water	16 (WGR) Goldfish Crackers GoGurt Orange Slices Water	17 (WW) Whole Wheat Crackers Watermelon Ritz Crackers Water	18 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
19 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	20 Goldfish Crackers Apple Sauce Pear Slices Water	21 (WW) Mini Bagels & Cream Cheese Apple Slices (WGR) Pretzel Crackers Water	22 Graham Crackers Banana GoGurt Water	23 (WW) Wheat Thins String Cheese Banana Water	24 GoGurt Orange Slices Banana Water	25 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
26 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	27 Ritz Crackers String Cheese Goldfish Crackers Water	28 (WGR) Wheat Thins Banana Cheez-It Crackers Water	29 (WGR) Cereal Mix Goldfish Crackers Honey Wheat Crackers Water	30 (WGR) Goldfish Crackers Orange Slices String Cheese Water	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup