

AM & PM Snack

(WGR)–Whole Grain (WW)–Whole Wheat

August 2026

(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 ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	3 Ritz Crackers Apple Slices Wheat Thins Water	4 (WGR) Cheez-It Crackers Oranges String Cheese Water	5 (WGR) Cereal Mix Apple Sauce Goldfish Crackers Water	6 String Cheese Watermelon (WGR) Goldfish Crackers Water	7 (WW) Whole Wheat Crackers Pineapple Chunks Gogurt Water	8 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
9 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	10 (WGR) Pretzel Goldfish Crackers Apple Sauce Water	11 (WW) Mini Bagels & Cream Cheese Apple Slices Ritz Crackers Water	12 Graham Crackers Watermelon Oranges Water	13 (WW) Wheat Crackers String Cheese Banana Water	14 Vanilla Yogurt Mandarin Oranges Cheez-It Crackers Water	15 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
16 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	17 Ritz Crackers & Cheese Slices Apple Slices Water	18 (WGR) Cheez-It Crackers Mandarin Oranges Water	19 (WGR) Cereal Mix Apple Sauce Water	20 (WGR) Goldfish Crackers Banana Water	21 (WW) Whole Wheat Crackers Orange Slices Water	22 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
19 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	20 (WGR) Pretzel Goldfish Crackers Apple Sauce Water	21 (WW) Mini Bagel & Cream Cheese Apple Slices Water	22 Graham Crackers Banana Water	23 (WW) Wheat Crackers String Cheese Banana Water	24 Vanilla Yogurt Mandarin Oranges Water	25 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
26 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	27 Ritz Crackers & Cheese Slices Apple Slices Water			**This institution is an equal opportunity Provider**	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup

