

AM & PM Snack

January 2026

WGR–Whole Grain Rich

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 ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				1 New Year's Day School Closed	2 (WGR) Cheez-it Crackers Peach Slices Wheat Crackers Water	3 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
4 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	5 (WW) Wheat Crackers Apple Slices Orange Slices Water	6 (WGR) Wheat Thins Orange Slices Graham Crackers Water	7 (WGR) Mini Bagels With Cream Cheese Banana Orange Slices Water	8 (WGR) Bran Muffin Apple Sauce Goldfish Crackers Water	9 (WGR) Wheat Crackers String Cheese Orange Slices Water	10 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
11 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	12 (WW) Ritz Crackers Banana String Cheese Water	13 Graham Crackers Orange Slices Goldfish Crackers Water	14 (WGR) Cereal Mix Apple Sauce Club Crackers Water	15 (WGR) Goldfish Crackers Apple Slices Ritz Crackers Water	16 (WGR) Cheez-it Crackers Orange Slices Club Crackers Water	17 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
18 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 Martin Luther King Jr, day School Closed	20 (WGR) Wheat Thins String Cheese Orange Slices Water	21 (WGR) Mini Bagels With Cream Cheese Banana Orange Slices Water	22 (WGR) Bran Muffin Apple Sauce Goldfish Crackers Water	23 (WGR) Wheat Crackers Ritz Crackers Oranges Slices Water	24 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup
25 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Ritz Crackers Gogurt Apple Slices Water	27 Graham Crackers Orange Slices Ritz Crackers Water	28 (WGR) Cereal Mix Orange Slices Apple Sauce Water	29 (WGR) Goldfish Crackers Banana Club Crackers Water	30 (WGR) Cheez-it Crackers Orange Slices Club Crackers Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅓ Cup

