

AM & PM Snack

October 2026



WGR–Whole Grain Rich

WW–Whole Wheat

MG – 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 ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				1 (WGR) Goldfish Crackers Banana GoGurt Water	2 Vanilla Yogurt Peach Slices Ritz Crackers Water	3 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
4 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	5 (WW) Wheat Crackers Apple Slices String Cheese Water	6 (WGR) Wheat Thins Orange Slices Goldfish Crackers Water	7 (WGR) Mini Bagels With Cream Cheese Banana Chex Mix Water	8 (WGR) Bran Muffin Apple Sauce Blueberries Water	9 (WGR) Wheat Crackers Oranges Slices String Cheese Water	10 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
11 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	12 (WW) Ritz Crackers Apple Slices Grapes Water	13 Graham Crackers Pears Honey Wheat Crackers Water	14 (WGR) Cereal Mix Apple Sauce GoGurt Water	15 (WGR) Goldfish Crackers String Cheese Ritz Crackers Water	16 Pretzels Peach Slices Vanilla Yogurt Water	17 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
18 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 (WW) Crackers Apple Slices Cheez-It Crackers Water	20 (WGR) Wheat Thins Watermelon Grapes Water	21 (WGR) Mini Bagels With Cream Cheese Banana Goldfish Crackers Water	22 (WGR) Bran Muffin Apple Sauce Honey Wheat Crackers Water	23 (WGR) Wheat Crackers Peach Slices String Cheese Water	24 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
25 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Ritz Crackers Pears GoGurt Water	27 Graham Crackers Orange Slices Blueberries Water	28 (WGR) Cereal Mix Apple Sauce String Cheese Water	29 (WGR) Goldfish Crackers Banana Ritz Crackers Water	30 Vanilla Yogurt Peach Slices Cheez-It Crackers Water	Size Servings Ages 3-5 31 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup