

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 ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				New Year's Day School Closed	(WGR) Cheez-it crackers Peach Slices Juice & Water	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
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	(WW) Wheat Crackers Apple Slices Juice & Water	(WGR) Wheat Thins & Cheese Orange Slices Juice & Water	(WGR) Mini Bagels With Cream Cheese Banana Milk & Water	(WGR) Bran Muffin Apple Sauce Milk & Water	(WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	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
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	(WW) Ritz Crackers & Cheese Apple Slices Milk & Water	Graham Crackers Orange Slices Juice & Water	(WGR) Cereal Mix Apple Sauce Juice & Water	(WGR) Goldfish Crackers Banana Juice & Water	(WGR) Cheez-it crackers Peach Slices Juice & Water	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 ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 Martin Luther King Jr, day School Closed	20 (WGR) Wheat Thins & Cheese Orange Slices Juice & Water	21 (WGR) Mini Bagels With Cream Cheese Banana Milk & Water	22 (WGR) Bran Muffin Apple Sauce Milk & Water	23 (WGR) Wheat Crackers String Cheese Oranges Slices Milk & 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 ¼ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Ritz Crackers & Cheese Apple Slices Milk & Water	27 Graham Crackers Orange Slices Juice & Water	28 (WGR) Cereal Mix Apple Sauce Juice & Water	29 (WGR) Goldfish Crackers Banana Juice & Water	30 (WGR) Cheez-it crackers Peach Slices Juice & 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