

AM & PM Snack

(WGR)–Whole Grain (WW)–Whole Wheat

July 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	**This institution is an equal opportunity Provider**	Free Meal modifications are available upon request for participants with disabilities	1 (WGR) Cereal Mix Apple Sauce Juice and Water	2 (WGR) Goldfish Crackers Banana	3 School Closed Independence Day	4 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
5 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	6 (WGR) Pretzel Infants Goldfish Crackers Apple Sauce Juice and Water	7 (WW) Mini Bagel & Cream Cheese Apple Slices Juice and Water	8 Graham Crackers Banana Juice and Water	9 (WW) Wheat Crackers String Cheese Banana Juice and Water	10 Vanilla Yogurt Mandarin Oranges Juice and Water	11 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
12 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	13 Ritz Crackers & Cheese Slices Apple Slices Juice and Water	14 (WGR) Cheez-It Crackers Mandarin Oranges Juice and Water	15 (WGR) Cereal Mix Apple Sauce Juice and Water	16 (WGR) Goldfish Crackers Banana	17 (WW) Whole Wheat Crackers Orange Slices Juice and Water	18 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 Infants Goldfish Crackers Apple Sauce Juice and Water	21 (WW) Mini Bagel & Cream Cheese Apple Slices Juice and Water	22 Graham Crackers Banana Juice and Water	23 (WW) Wheat Crackers String Cheese Banana Juice and Water	24 Vanilla Yogurt Mandarin Oranges Juice and 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 Juice and Water	28 (WGR) Cheez-It Crackers Mandarin Oranges Juice and Water	29 (WGR) Cereal Mix Apple Sauce Juice and Water	30 (WGR) Goldfish Crackers Banana	31 (WW) Whole Wheat Crackers Orange Slices Juice and Water	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