

AM & PM Snack

June 2026



(WGR)-Whole Grain (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 ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	1 Ritz Crackers & Cheese Slices Apple Slices Juice and Water	2 (WGR) Cheez-It Crackers Mandarin Oranges Juice and Water	3 (WGR) Cereal Mix Apple Sauce Juice and Water	4 (WGR) Goldfish Crackers Banana	5 (WW)Whole Wheat Crackers Orange Slices Juice and Water	6 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
7 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	8 (WGR) Pretzel Infants Goldfish Crackers Apple Sauce Juice and Water	9 (WW) Mini Bagel & Cream Cheese Apple Slices Juice and Water	10 Graham Crackers Banana Juice and Water	11 (WW) Wheat Crackers String Cheese Banana Juice and Water	12 Vanilla Yogurt Mandarin Oranges Juice and Water	13 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
14 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	15 Ritz Crackers & Cheese Slices Apple Slices Juice and Water	16 (WGR) Cheez-It Crackers Mandarin Oranges Juice and Water	17 (WGR) Cereal Mix Apple Sauce Juice and Water	18 (WGR) Goldfish Crackers Banana	19 (WW) Whole Wheat Crackers Orange Slices Juice and Water	20 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
21 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	22 (WGR) Pretzel Infants Goldfish Crackers Apple Sauce Juice and Water	23 (WW) Mini Bagel & Cream Cheese Apple Slices Juice and Water	24 Graham Crackers Banana Juice and Water	25 (WW) Wheat Crackers String Cheese Banana Juice and Water	26 Vanilla Yogurt Mandarin Oranges Juice and Water	27 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
28 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	29 Ritz Crackers & Cheese Slices Apple Slices Juice and Water	30 (WGR) Cheez-It Crackers Mandarin Oranges Juice and 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