

AM & PM Snack

(WGR)–Whole Grain (WW)–Whole Wheat

March 2026

(MGR) – Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	2 Ritz Crackers & Cheese Slices Apple Slices Juice and Water	3 (WGR) Wheat Thins Mandarin Oranges Juice and Water	4 (WGR) Cereal Mix Apple Sauce Juice and Water	5 (WGR) Goldfish Crackers Banana Juice and Water	6 (WW)Whole Wheat Crackers Orange Slices Juice and Water	7 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
8 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	9 (WGR) Pretzel/ Goldfish Crackers Apple Sauce Juice and Water	10 (WW) Mini Bagel & Cream Cheese Apple Slices Juice and Water	11 Graham Crackers Banana Juice and Water	12 (WW) Wheat Crackers String Cheese Banana Juice and Water	13 Vanilla Yogurt Mandarin Oranges Juice and Water	14 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
15 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	16 (WGR) Ritz Crackers & Cheese Slices Apple Slices Juice and Water	17 (WGR) Wheat Thins Mandarin Oranges Juice and Water	18 (WGR) Cereal Mix Apple Sauce Juice and Water	19 (WGR) Goldfish Crackers Banana Juice and Water	20 (WW) Whole Wheat Crackers Orange Slices Juice and Water	21 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup

22 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	23 (WGR) Pretzel/ Goldfish Crackers Apple Sauce Juice and Water	24 (WW) Mini Bagel & Cream Cheese Apple Slices Juice and Water	25 Graham Crackers Banana Juice and Water	26 (WW) Wheat Crackers String Cheese Banana Juice and Water	27 Vanilla Yogurt Mandarin Oranges Juice and Water	28 Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ⅓ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
29 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	30 Ritz Crackers & Cheese Slices Apple Slices Juice and Water	31 (WGR) Wheat Thins Mandarin Oranges Juice and Water				Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ⅓ Cup, ⅓ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup