

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 Water	2 Vanilla Yogurt Peach Slices 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 Water	6 (WGR) Wheat Thins & Cheese Cubes Orange Slices Water	7 (WGR) Mini Bagels With Cream Cheese Banana Water	8 (WGR) Bran Muffin Apple Sauce Water	9 (WGR) Wheat Crackers String Cheese Oranges Slices 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 & Cheese Apple Slices Water	13 Graham Crackers Orange Slices Water	14 (WGR) Cereal Mix Apple Sauce Water	15 (WGR) Goldfish Crackers Banana Water	16 Vanilla Yogurt Peach Slices 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 Water	20 (WGR) Wheat Thins & Cheese Orange Slices Water	21 (WGR) Mini Bagels With Cream Cheese Banana Water	22 (WGR) Bran Muffin Apple Sauce Water	23 (WGR) Wheat Crackers String Cheese Peach Slices 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 & Cheese Apple Slices Water	27 Graham Crackers Orange Slices Water	28 (WGR) Cereal Mix Apple Sauce Water	29 (WGR) Goldfish Crackers Banana Water	30 Vanilla Yogurt Peach Slices Water	31 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