

AM & PM Snack

September 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 ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup		1 (WGR) Cheez-It Crackers Mandarin Oranges Juice and Water	2 (WGR) Cereal Mix Apple Sauce Water	3 (WGR) Goldfish Crackers Banana Juice and Water	4 (WW)Whole Wheat Crackers Orange Slices Water	5 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
6 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	7 Labor Day School Closed	8 (WW) Mini Bagel & Cream Cheese Apple Slices Water	9 Graham Crackers Banana Juice and Water	10 (WW) Wheat Crackers String Cheese Banana Water	11 Vanilla Yogurt Mandarin Oranges Juice and Water	12 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
13 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	14 Ritz Crackers & Cheese Slices Apple Slices Water	15 (WGR) Cheez-It Crackers Mandarin Oranges Juice and Water	16 (WGR) Cereal Mix Apple Sauce Water	17 (WGR) Goldfish Crackers Banana Juice and Water	18 (WW) Whole Wheat Crackers Orange Slices Water	19 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
20 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	21 (WGR) Pretzel Infants Goldfish Crackers Apple Sauce Juice and Water	22 (WW) Mini Bagel & Cream Cheese Apple Slices Water	23 Graham Crackers Banana Juice and Water	24 (WW) Wheat Crackers String Cheese Banana Water	25 Vanilla Yogurt Mandarin Oranges Juice and Water	26 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
27 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	28 Ritz Crackers & Cheese Slices Apple Slices Water	29 (WGR) Cheez-It Crackers Mandarin Oranges Juice and Water	30 (WGR) Cereal Mix Apple Sauce 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, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup