

AM & PM Snack

January 2026

WGR–Whole Grain Rich

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 New Year's Day School Closed	2 (WGR) Cheez-It Crackers Peach Slices Graham Crackers Juice & 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
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	5 (WW) Wheat Crackers Apple Slices Goldfish Crackers Juice & Water	6 (WGR) Wheat Thins & Cheese Orange Slices Ritz Crackers Juice & Water	7 (WGR) Mini Bagels with Cream Cheese Banana Graham Crackers Milk & Water	8 (WGR) Bran Muffin Apple Sauce Animal Crackers Milk & Water	9 (WGR) Saltine Crackers Oranges Slices String Cheese Milk & 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
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	12 (WW) Ritz Crackers & Cheese Apple Slices Cheez-It Crackers Milk & Water	13 Graham Crackers Orange Slices Animal Crackers Juice & Water	14 (WGR) Cereal Mix Apple Sauce Saltine Crackers Juice & Water	15 (WGR) Goldfish Crackers Banana Mini-Pretzels Juice & Water	16 (WGR) Cheez-It Crackers Peach Slices Graham Crackers Juice & 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
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	19 Martin Luther King Jr, day School Closed	20 (WGR) Wheat Thins & Cheese Orange Slices Ritz Crackers Juice & Water	21 (WGR) Mini Bagels with Cream Cheese Banana Graham Crackers Milk & Water	22 (WGR) Bran Muffin Apple Sauce Animal Crackers Milk & Water	23 (WGR) Saltine Crackers Oranges Slices String Cheese Milk & 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
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	26 (WW) Ritz Crackers & Cheese Apple Slices Cheez-It Crackers Milk & Water	27 Graham Crackers Orange Slices Animal Crackers Juice & Water	28 (WGR) Cereal Mix Apple Sauce Saltine Crackers Juice & Water	29 (WGR) Goldfish Crackers Banana Mini-Pretzels Juice & Water	30 (WGR) Cheez-It Crackers Peach Slices Graham Crackers Juice & 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