

AM & PM Snack

August 2023

WG – Whole Grain WW – Whole Wheat MG – Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup		Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water	(WG) Goldfish Crackers Banana Juice & Water	Vanilla Yogurt Peach Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
6	7	8	9	10	11	12
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Animal Crackers Apple Slices Juice & Water	Graham Crackers Orange Slices Juice & Water	(WG) Mini Bagels With Cream Cheese Banana Juice & Water	(WG) Pretzels Apple Sauce Juice & Water	(WG) Wheat Crackers String Cheese Oranges Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
13	14	15	16	17	18	19
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Ritz Crackers & Cheese Apple Slices Juice & Water	Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water	(WG) Goldfish Crackers Banana Juice & Water	Vanilla Yogurt Peach Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
20	21	22	23	24	25	26
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Animal Crackers Apple Slices Juice & Water	Graham Crackers Orange Slices Juice & Water	(WG) Mini Bagels With Cream Cheese Banana Juice & Water	(WG) Pretzels Apple Sauce Juice & Water	(WG) Wheat Crackers String Cheese Peach Slices Juice & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
27	28	29	30	31		
Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Ritz Crackers & Cheese Apple Slices Juice & Water	Oatmeal Cookies Orange Slices Juice & Water	(WG) Cereal Mix Apple Sauce Juice & Water	(WG) Goldfish Crackers Banana Juice & Water		Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup