



SUMMER 2025

Week 1

SNACK:	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Craisins Dried Cranberry	100% Apple Juice		Craisins Dried Cranberry	
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cheeze- its (WG)	Sunchips (Original) (WG)	(RF) Doritos Ranch	Goldfish Crackers (WG)	(WG) Honey Grahams
Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz			String Cheese		String Cheese
Milk (8oz) Ages 1-5: 4oz; Ages 6-18: 8oz					

Week 2

SNACK:	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Ages 1-5: ½ c; Ages 6-18: ¾ c					
Fruit/Juice Ages 1-5: ½ c; Ages 6-18: ¾ c	Craisins Dried Cranberry	100% Apple Juice		Craisins Dried Cranberry	
Grains Ages 1-5: ½ oz equivalent Ages 6-18: 1 oz equivalent	Cheeze- its (WG)	(RF) Cheeto Puffs	(RF) Doritos Nacho	Goldfish Crackers (WG)	(WG) Honey Grahams
Meat/Meat Alternate Ages 1-5: ½ oz; Ages: 6-18: 1 oz			String Cheese		String Cheese
Milk (8oz) Ages 1-5: 4oz; Ages 6-18: 8oz					