

Breakfast and Afternoon Snack Menu



	Rotation	MON	TUE	WED	THUR	FRI
BREAKFAST SNACK	Week 1	Wheat Bagels and Cream Cheese (WGR) Bagel Jam Cream cheese	Yogurt Parfaits (WGR) Plain yogurt Fruit Graham crackers	Creamy Sunbutter Sliders (WGR) Cream Cheese Whole grain roll Sunbutter Fruit	Blueberry Cereal Snack Bar (WGR) String cheese Fruit	Creamy and Fruity Wraps (WGR) Tortilla Cream Cheese Jam
	Week 2	Cream Cheese Sliders (WGR) Roll Jam Cream cheese	Yogurt Parfaits (WGR) Yogurt Fruit Granola	Fruity Sunbutter Wrap (WGR) String cheese Jam Sunbutter	Cereal (WGR) Cereal Milk Cup berries	Cream Cheese Wraps (WGR) Tortilla Cream Cheese Fruit
AFTERNOON SNACK	Week 1	Cheese and Applesauce (gf) Cheese Applesauce	Goldfish & Whole Grain Crackers mix with Fruit (WGR) Goldfish crackers Whole grain crackers Oranges	Pretzels (WGR) String cheese Pretzels	Pita and Hummus (WGR) Pita Chips Hummus	Chips and Salsa with Refried Beans (WGR) Corn chips Salsa *Beans
	Week 2	Ritz & Whole Grain Crackers Mix with Cheese (WGR) Ritz crackers Whole grain crackers Cheese	Creamy Cucumber Sliders (WGR) Roll Cucumber Cream Cheese	Cottage Cheese and Fruit (gf) Cottage cheese Cantaloupe	Baby Carrots, Cucumbers and Hummus (gf) Carrots, Cucumber Hummus	Fig Bar & Cheese (WGR) Fig bar Cheese stick

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with ^ contain allergens. See ingredient list for detail.

The main grain component in each meal are "WGR" - Whole Grain Rich

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	Rotation	MON	TUE	WED	THUR	FRI
BREAKFAST SNACK	Week 3	Wheat Bagels and Cream Cheese (WGR) Bagel Jam Cream cheese	Yogurt Parfaits (WGR) Plain yogurt Fruit Graham crackers	Creamy Sunbutter Sliders (WGR) Cream Cheese Whole grain roll Sunbutter Fruit	Blueberry Cereal Snack Bar (WGR) String cheese Fruit	Creamy and Fruity Wraps (WGR) Tortilla Cream Cheese Jam
	Week 4	Cream Cheese Sliders (WGR) Roll Jam Cream cheese	Yogurt Parfaits (WGR) Yogurt Fruit Granola	Fruity Sunbutter Wrap (WGR) String cheese Jam Sunbutter	Cereal (WGR) Cereal Milk Cup berries	Cream Cheese Wraps (WGR) Tortilla Cream Cheese Fruit
AFTERNOON SNACK	Week 3	Cheese and Applesauce (gf) Cheese Applesauce	Goldfish & Whole Grain Crackers mix with Fruit (WGR) Goldfish crackers Whole grain crackers Oranges	Pretzels (WGR) String cheese Pretzels	Pita and Hummus (WGR) Pita Chips Hummus	Chips and Salsa with Refried Beans (WGR) Corn chips Salsa *Beans
	Week 4	Ritz & Whole Grain Crackers Mix with Cheese (WGR) Ritz crackers Whole grain crackers Cheese	Creamy Cucumber Sliders (WGR) Roll Cucumber Cream Cheese	Cottage Cheese and Fruit (gf) Cottage cheese Cantaloupe	Baby Carrots, Cucumbers and Hummus (gf) Carrots, Cucumber Hummus	Fig Bar & Cheese (WGR) Fig bar Cheese stick

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

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The main grain component in each meal are "WGR" - Whole Grain Rich