

		Wednesday 1	Thursday 2	Friday 3
		Soy butter Saltines	Sliced banana Diced Pretzel	Yogurt cup Pineapples
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Applesauce Rice cakes	Carrot sticks Ranch Ritz crackers	sliced turkey & sliced cheese Tortilla wrap	Sliced banana Diced Pretzel	Diced Pears Goldfish
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Orange slices Granola bar	Sliced ham & Sliced Cheese Tortilla wrap	Diced peaches Corn muffins	Sliced banana Diced Pretzel	Salsa Tortilla chips
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Milk apple slices Raisin bread	cucumbers Ranch saltines	Soy butter Saltines	Sliced banana Diced Pretzel	Yogurt cup Pineapples
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Applesauce Rice cakes	Carrot sticks Ranch Ritz crackers	sliced turkey & sliced cheese Tortilla wrap	Sliced banana Diced Pretzel	Diced Pears Goldfish

May 6-12 yr. Snack Menu

Serving Size Chart	
Age	6-12 yr. old
Milk	8 fluid oz. 1% milk
Cheese/ meat	1-2 oz. each
Soy nut butter	4 Tbsp.
Yogurt	1 c.
Fruit	2-6 oz.
Vegetables	4-6 oz.
Whole grain-rich or enriched bread	1 slice
Bread product	1 serving
Cereal grain	6 oz. or ¾ c.



Color Code

Protein Veggie Fruit Grain

*Milk must be offered during
breakfast*