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 ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				1 **New Year's Day School Closed**	2 (WGR) Cheez-it crackers Peach Slices Juice & Water	3 **Size Servings Ages 3-5** 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
4 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	5 (WW) Wheat Crackers Apple Slices Juice & Water	6 (WGR) Wheat Thins & Cheese Orange Slices Juice & Water	7 (WGR) Mini Bagels With Cream Cheese Banana Milk & Water	8 (WGR) Bran Muffin Apple Sauce Milk & Water	9 (WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	10 **Size Servings Ages 3-5** 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
11 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	12 (WW) Ritz Crackers & Cheese Apple Slices Milk & Water	13 Graham Crackers Orange Slices Juice & Water	14 (WGR) Cereal Mix Apple Sauce Juice & Water	15 (WGR) Goldfish Crackers Banana Juice & Water	16 (WGR) Cheez-it crackers Peach Slices Juice & Water	17 **Size Servings Ages 3-5** 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup

18 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 **Martin Luther King Jr, day School Closed**	20 (WGR) Wheat Thins & Cheese Orange Slices Juice & Water	21 (WGR) Mini Bagels With Cream Cheese Banana Milk & Water	22 (WGR) Bran Muffin Apple Sauce Milk & Water	23 (WGR) Wheat Crackers String Cheese Oranges Slices Milk & Water	24 **Size Servings Ages 3-5** 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
25 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ⅛ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Ritz Crackers & Cheese Apple Slices Milk & Water	27 Graham Crackers Orange Slices Juice & Water	28 (WGR) Cereal Mix Apple Sauce Juice & Water	29 (WGR) Goldfish Crackers Banana Juice & Water	30 (WGR) Cheez-it crackers Peach Slices Juice & Water	**Size Servings Ages 3-5** 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup ⅛ Cup