



**WHOLESOME
KIDS
CATERING**

PORTION GUIDE - Week 1

Fall / Winter 2021 - 2022

YMCA Snack Menu

		Menu Selection	School Age
Monday	AM	Rice Krispies Cereal/ Milk	1/2 Cup / 90 ml
	PM	Organic Whole Grain Mini Ginger Snaps	12 Snaps
Tuesday	AM	Cinnamon Raisin Bagel / Applesauce	1/2 Bagel / 3 Tbsp
	PM	Whole Wheat Banana Oatmeal Cookie	2 Cookies
Wednesday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Crackers / Cheddar Cheese Cubes	6 Crackers / 3 - 4 Cubes
Thursday	AM	Organic Whole Wheat Orange Cranberry Muffin	1 Muffin
		Whole Wheat Lemon Cranberry Loaf	1.5 Slice (1 loaf = 10 slices)
Friday	AM	Banana Oatmeal Bar	1 Bar
	PM	Whole Grain Cereal Mix	3/4 Cup

Effective November 1, 2021

If Space is Blank please refer to the Preschool portion

**Eat Grow
Thrive**



PORTION GUIDE - Week 2

Fall / Winter 2021 - 2022

YMCA Snack Menu

		Menu Selection	School Age
Monday	AM	Whole Grain Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Apple Oatmeal Cookie	2 Cookies
Tuesday	AM	Strawberry Yogurt / Whole Grain Pumpkin Harvest Seed Granola	90 ml / 1 Tbsp.
	PM	Rice Cake	1.5 cake
Wednesday	AM	Organic Apple Granola Minis / Berry Applesauce	1 Packet / 3 Tbsp
	PM	Organic Whole Grain Mini Lemon Snaps	12 Snaps
Thursday	AM	Whole Grain Life Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Cheese Sandwich / Cucumber Slices	1 Sandwich / 4 - 6 Slices
Friday	AM	Organic Whole Wheat Blueberry Muffin	1 Muffin
	PM	Whole Wheat Focaccia Bread / Hummus / Baby Carrots	1.5 Slices / 2 Tbsp. / 2 - 3 Carrots

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Thrive**



PORTION GUIDE - Week 3

Fall / Winter 2021 - 2022

YMCA Snack Menu

		Menu Selection	School Age
Monday	AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml
	PM	Oatmeal Raisin Biscuit / Vanilla Yogurt / Baby Carrots	1 Cookie / 90 ml / 2 - 3 Carrots
Tuesday	AM	Blueberry Clusters	3 pieces
	PM	Organic Strawberry Granola Bar	1.5 Bar
Wednesday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Pita Pocket / Cheddar Cheese Slice	1/2 Pita / 1 Slice
Thursday	AM	Banana Oatmeal Bar / Applesauce	1 Bar / 3 Tbsp.
	PM	Spice Snaps	3 Snaps
Friday	AM	Organic Whole Wheat Banana Muffin	1 Muffin
	PM	Whole Wheat Pumpkin Loaf / Cucumber Slices	1.5 Slice (1 loaf = 10 slices) / 4 - 6 Slices

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PORTION GUIDE - Week 4

Fall / Winter 2021 - 2022

YMCA Snack Menu

		Menu Selection	School Age
Monday	AM	Whole Grain Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Wheat Crackers / Cheese Curds	6 Crackers / 2 - 3 Curds
Tuesday	AM	Whole Grain Mini Bagel / Apple Butter	1 Bagel / 2 Tbsp
	PM	Banana Oat Chunky Biscuit	1.5 Pieces
Wednesday	AM	Peach Yogurt / Whole Grain Pumpkin Harvest Seed Granola	90 ml / 1 Tbsp.
	PM	Social Tea Biscuits	3 Biscuits
Thursday	AM	Whole Grain Life Cereal / Milk	1/2 Cup / 90 ml
	PM	Rice Cake / Hummus / Baby Carrots	1 Rice Cake / 2 Tbsp. / 3 - 4 Carrots
Friday	AM	Organic Whole Wheat Chunky Apple Muffin	1 Muffin
	PM	Whole Wheat Mini Pita / Cheese Curds	3 Pitas / 2 - 3 Curds

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