



PORTION GUIDE - Week 1

Spring / Summer 2023

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Spice Snap Biscuits / Vanilla Yogurt	4 Biscuits / 90 ml
Tuesday	AM	Whole Wheat Mini Bagel / Apple Butter / Applesauce	1 Bagel / 1 Tbsp / 3 Tbsps
	PM	Whole Wheat Breadsticks / Cheese Curds	12 Sticks / 3-4 Curds
Wednesday	AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Grain Digestive Cookies	3 Cookies
Thursday	AM	Banana Oatmeal Bar	1 Bar
	PM	Whole Wheat Pita Pocket / Hummus / Cucumber Slices	1/2 Pita / 2 Tbsp / 2-3 Slices
Friday	AM	Organic Whole Wheat Summer Berry Muffin	1 Muffin
	PM	Coconut Chia Snaps	12 Snaps

Effective April 17, 2023
Last Revised May 26, 2023

Eat Grow Thrive

If Space is Blank please refer to the Preschool portion



PORTION GUIDE - Week 2

Spring / Summer 2023

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Banana Oatmeal Cookie / Baby Carrots	2 Cookies / 3-4 Carrots
Tuesday	AM	Whole Wheat Cinnamon Raisin Bagel / Apple Butter	1 Bagel / 1 Tbsp
	PM	Whole Wheat Melba Toast / Cheese Curds	2 Packages / 3-4 Curds
Wednesday	AM	Strawberry Yogurt / Whole Grain Granola	90 ml / 1 Tbsp
	PM	Banana Oatmeal Bar	1.5 Bars
Thursday	AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Banana Loaf / Applesauce	1.5 Slices (1 loaf = 10 slices) / 3 Tbsps
Friday	AM	Organic Whole Wheat Lemon Blueberry Muffin	1 Muffin
	PM	Vanilla Yogurt	90 ml

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PORTION GUIDE - Week 3

Spring / Summer 2023

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Organic Spelt Ginger Snaps	12 Snaps
Tuesday	AM	Oatmeal Cookie / Applesauce	1 Cookie / 3 Tbsps
	PM	Whole Wheat Crackers / Cheese Curds	12 Crackers / 3-4 Curds
Wednesday	AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml
	PM	Cinnamon Scone / Baby Carrots	1 Scone / 3-4 Carrots
Thursday	AM	Organic Whole Wheat Summer Berry Muffin	1 Muffin
	PM	Whole Wheat Mini Pita / Cheddar Cheese Slice	3 Pitas / 1 Slice
Friday	AM	Whole Wheat Banana Oat Bite	1 Bite
	PM	Whole Wheat Apple Cinnamon Loaf / Cucumber Slices	1.5 Slices (1 loaf = 10 slices) / 2-3 Slices

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PORTION GUIDE - Week 4
Spring / Summer 2023

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Organic Mixed Berry Granola Minis / Baby Carrots	1 Package / 3-4 Carrots
Tuesday	AM	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp
	PM	Spice Snap Biscuits	4 Biscuits
Wednesday	AM	Whole Wheat Pancake / Apple Butter	1 Pancake / 1 Tbsp
	PM	Oatmeal Cranberry Cookie / Grape Tomatoes	2 Cookies / 2-3 Tomatoes
Thursday	AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Wrap / Cheese Curds	1.5 Wraps / 3-4 Curds
Friday	AM	Organic Whole Wheat Lemon Blueberry Muffin	1 Muffin
	PM	Whole Wheat Mini Pita / Vanilla Yogurt / Cucumber Slices	2 Pitas / 90 mL / 2-3 Slices

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