



PORTION GUIDE - Week 1

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Digestive Cookies / Vanilla Yogurt	3 Cookies / 90 ml
Tuesday	AM	Whole Wheat Pancake / Apple Butter	1 Pancake / 1 Tbsp
	PM	Whole Wheat Round Crackers / Grape Tomatoes	3 Crackers / 2-3 Tomatoes
Wednesday	AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml
	PM	Spice Snaps	4 Biscuits
Thursday	AM	Banana Oatmeal Bar	1 Bar
	PM	Whole Wheat Melba Toast / Cheddar Cheese Slice / Baby Carrots	1 Package / 1 Slice / 2-3 Carrots
Friday	AM	Organic Whole Wheat Carrot Muffin	1 Muffin
	PM	Whole Wheat Oatmeal Cookies / Applesauce	2 Cookies / 3 Tbsp

Effective October 30, 2023
Last Revised October 20, 2023

Eat Grow Thrive



PORTION GUIDE - Week 2

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Organic Spelt Mini Ginger Snaps	12 Snaps
Tuesday	AM	Whole Wheat Mini Bagel / Apple Butter	1 Bagel / 1 Tbsp
	PM	Whole Wheat Breadsticks / Cheese Curds	12 Sticks / 3-4 Curds
Wednesday	AM	Peach 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 Apple Cranberry Loaf / Baby Carrots	1.5 Slices (1 loaf = 10 slices) / 3-4 Carrots
Friday	AM	Organic Whole Wheat Banana Muffin / Applesauce	1 Muffin / 3 Tbsp
	PM	Vanilla Yogurt	90 ml

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PORTION GUIDE - Week 3

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Whole Wheat Shreddies Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Banana Oat Bite	1.5 Bites
Tuesday	AM	Whole Wheat Cinnamon Scone	1 Scone
	PM	Whole Wheat Crackers / Cheese Curds	12 Crackers / 3-4 Curds
Wednesday	AM	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml
	PM	Organic Whole Grain Strawberry Granola Bar / Baby Carrots	1 Bar / 3-4 Carrots
Thursday	AM	Organic Whole Wheat Carrot Muffin / Applesauce	1 Muffin / 3 Tbsp
	PM	Whole Wheat Breadsticks / Cheddar Cheese Slice	12 Sticks / 1 Slice
Friday	AM	Whole Wheat Oatmeal Cranberry Cookie	1 Cookie
	PM	Whole Wheat Oat & Date Loaf / Cucumber Slices	1.5 Slices (1 loaf = 10 slices) / 2-3 Slices

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PORTION GUIDE - Week 4

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	School Age
Monday	AM	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml
	PM	Spice Snaps	4 Biscuits
Tuesday	AM	Strawberry Yogurt / Whole Grain Granola	90 ml / 1 Tbsp
	PM	Whole Wheat Soda Crackers / Cheese Curds	6 Crackers / 3-4 Curds
Wednesday	AM	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter	1 Bagel / 1 Tbsp
	PM	Mini Cocoa Snaps / Baby Carrots	12 Snaps / 3-4 Carrots
Thursday	AM	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml
	PM	Whole Wheat Oat & Date Loaf	1.5 Slices (1 loaf = 10 slices)
Friday	AM	Organic Whole Wheat Banana Muffin	1 Muffin
	PM	Whole Wheat Pita Pocket / Cheddar Cheese Slice	1/2 Pita / 1 Slice

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