



PORTION GUIDE - Week 1

Spring / Summer 2025

School Aged Snack Program

			Menu Selection	School Age
Monday	AM	Standard	Corn Chex/Milk/Clementine	1/2 Cup / 1 Clementine
	PM	Standard	Pretzel Bun/White Cheese Slice	1/2 Pretzel Bun / 1 Slice
Tuesday	AM	Standard	Morning Round/Mango Applesauce	1 Round / 60 ml
	PM	Standard	Spice Snaps/Kiwi	4 Snaps / 1 Kiwi
Wednesday	AM	Standard	Vanilla Yogurt/Granola/Apple	88 ml / 1 Tbsp / 1 Apple
	PM	Standard	WW Lemon Blueberry Loaf/Orange	1.5 Loaf / 1 Orange
Thursday	AM	Standard	WW Cocoa Zucchini Muffin/Pinapple	1 Muffin / 1 Slice Pinapple
	PM	Standard	WW Breadsticks/Cheese Curds	12 Breadsticks / 24 gr
Friday	AM	Standard	Special K/Milk/Pear	1/2 cup / 90 ml / 0.5 Pear
	PM	Standard	Oatmeal Cranberry Round/Grape Tomato	2 Rounds / 3 Tomatoes

Effective April 28, 2025
Last Revised April 25, 2025

Eat Grow Thrive



PORTION GUIDE - Week 2

Spring / Summer 2025

School Aged Snack Program

			Menu Selection	School Age
Monday	AM	Standard	Cheerios/Milk/Orange	1/2 cup / 90 ml / 0.5 Orange
	PM	Standard	Javaneh Slice/Cheese Cubes	1.5 Slice / 24 gr
Tuesday	AM	Standard	Banana Oat Bite/Pear	1 ea / 1 Pear
	PM	Standard	Strawberry Granola Bar/Applesauce	1.5 Bar / 60 ml
Wednesday	AM	Standard	Peach Yogurt/Granola/Apple	88 ml / 1 Tbsp / 1 Apple
	PM	Standard	Digestive Biscuit/Kiwi	3 Biscuits /1 Kiwi
Thursday	AM	Standard	Rice Krispies/Milk/Clementine	1/2 cup / 90 ml / 1 Clementine
	PM	Standard	WW Banana Loaf/Baby Carrots	1.5 Loaf / 24 gr
Friday	AM	Standard	WW Summer Berry Muffin/Cantaloupe	1 Muffin / 1 Slice Cantaloupe
	PM	Standard	Cocoa Snaps/Banana	12 Snaps / 1 Banana

Effective April 28, 2025
Last Revised April 25, 2025

Eat Grow Thrive



PORTION GUIDE - Week 3

Spring / Summer 2025

School Aged Snack Program

			Menu Selection	School Age
Monday	AM	Standard	Corn Flakes/Milk/Pear	1/2 cup / 90 ml / 0.5 Pear
	PM	Standard	WW Flat Cracker/Cheese Cubes	12 Crackers / 24 gr
Tuesday	AM	Standard	WW Bagel/Cream Cheese/Kiwi	1 Bagel / 1 Tbsp / 0.5 Kiwi
	PM	Standard	Mixed Berry Granola Minis/Orange	1 ea / 1 Orange
Wednesday	AM	Standard	Special K/Milk/Apple	1/2 cup / 90 ml / 1 Apple
	PM	Standard	English Muffin/Mozzarella Slice	1/2 English Muffin / 1 Slice
Thursday	AM	Standard	Strawberry Yogurt/Granola/Pear	88 ml / 1 Tbsp / 0.5 Pear
	PM	Standard	Lemon Blueberry Loaf/Cucumber Slices	1.5 Loaf / 21 gr
Friday	AM	Standard	WW Cocoa Zucchini Muffin/Clementine	1 Muffin / 1 Clementine
	PM	Standard	Digestive Biscuits/Honeydew	3 Biscuits / 3 Chunks (45 gr)

Effective April 28, 2025
Last Revised April 25, 2025

Eat Grow Thrive



PORTION GUIDE - Week 4

Spring / Summer 2025

School Aged Snack Program

			Menu Selection	School Age
Monday	AM	Standard	Cheerios/Milk/Pear	1/2 cup / 90 ml / 0.5 Pear
	PM	Standard	Vanilla Owl Cookies/Clementine	12 Cookies / 1 Clementine
Tuesday	AM	Standard	BOB Bar/Applesauce	1 ea / 60 ml
	PM	Standard	Soda Cracker/Guacamole/Cheese Curds	6 Crackers / 20 gr / 24 gr
Wednesday	AM	Standard	WW Pancake/Mango Fruit Puree/Orange	1 Pancake / 6.5 gr / 0.5 Orange
	PM	Standard	Spice Snaps/Apple	4 Snaps / 1 Apple
Thursday	AM	Standard	Rice Krispies/Milk/Kiwi	1/2 cup / 90 ml / 0.5 Kiwi
	PM	Standard	Javaneh Slice/Cheese Cubes	1.5 Slices / 24 gr
Friday	AM	Standard	WW Summer Berry Muffin/Banana	1 Muffin / 1 Banana
	PM	Standard	Oatmeal Cookie/Cucumber Slices	2 Cookies / 21 gr

Effective April 28, 2025
Last Revised April 25, 2025

Eat Grow Thrive