

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Multigrain Cheerios / Milk	1/2 cup / 90 ml	
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	1/2 cup / 90 ml	
	PM	Standard	Whole Wheat Maple Round / Fresh Fruit	1 Round	
		Plus	Whole Wheat Maple Round / Edamame / Fresh Fruit	1 Round / 2 Tbsp	
Tuesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Applesauce	1 Bar / 4 Tbsp	
	PM	Standard	Whole Wheat Breadsticks / Hummus	8 Sticks / 2 Tbsp	4 Wheat Crackers
		Plus	Whole Wheat Breadsticks / Hummus / Fresh Fruit	8 Sticks / 2 Tbsp	4 Wheat Crackers
Wednesday	AM	Standard	Rice Chex / Milk	1/2 cup / 90 ml	
		Plus	Rice Chex / Milk / Fresh Fruit	1/2 cup / 90 ml	
	PM	Standard	Whole Wheat Oatmeal Cranberry Round / Fresh Fruit	1 Round	
		Plus	Whole Wheat Oatmeal Cranberry Round / Cheese Curds / Fresh Fruit	1 Round / 2-3 Curds	
Thursday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Vanilla Yogurt / Fresh Fruit	90 ml	
		Plus	Vanilla Yogurt / Organic Strawberry Granola Bar / Fresh Fruit	90 ml / 1 bar	
Friday	AM	Standard	Multigrain Muesli Morning Round / Apple Butter	1 Round / 1 Tbsp	
		Plus	Multigrain Muesli Morning Round / Apple Butter / Fresh Fruit	1 Round / 1 Tbsp	
	PM	Standard	Round Crackers / Cheese Curds	2 Crackers / 2-3 Cheese Curds	
		Plus	Round Crackers / Cheese Curds / Baby Carrots	2 Crackers / 2-3 Cheese Curds / 2-3 Baby Carrots	2-3 Blanched Baby Carrots

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Special K Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Special K Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Oatmeal Round / Applesauce	1 Round / 4 Tbsp	
		Plus	Whole Wheat Oatmeal Round / Applesauce / Edamame	1 Round / 4 Tbsp / 2 Tbsp	
Tuesday	AM	Standard	Whole Wheat Pancake / Strawberry Jam	1 Pancake / 1 Tbsp	
		Plus	Whole Wheat Pancake / Strawberry Jam / Fresh Fruit	1 Pancake / 1 Tbsp	
	PM	Standard	Spice Snaps / Fresh Fruit	3 Snaps	
		Plus	Spice Snaps / Fresh Fruit / Cheese Cubes	3 Snaps / 2-3 Cubes	
Wednesday	AM	Standard	Corn Flakes / Milk	1/2 cup / 90 ml	
		Plus	Corn Flakes / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Owl Snaps / Vanilla Yogurt	8 Snaps / 90 ml	
		Plus	Whole Wheat Owl Snaps / Vanilla Yogurt / Fresh Fruit	8 Snaps / 90 ml	
Thursday	AM	Standard	Whole Wheat Apple Cinnamon Bagel / Cream Cheese	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Apple Cinnamon Bagel / Cream Cheese / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Wheat Crackers / Mozzarella Cheese Slice	4 Cackers / 1 Slice	
		Plus	Wheat Crackers / Mozzarella Cheese Slice / Grape Tomatoes	4 Crackers / 1 Slice / 3 Grape Tomatoes	
Friday	AM	Standard	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Tea Biscuits
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	2 Tea Biscuits
	PM	Standard	Whole Wheat Banana Loaf / Fresh Fruit	1 Slice (1 loaf = 10 portions)	
		Plus	Whole Wheat Banana Loaf / Edamame / Fresh Fruit	1 Slice (1 loaf = 10 portions) / 2 Tbsp	



PORTION GUIDE - Week 3

Fall / Winter 2025-2026

Standard Snack Menu
Plus Snack Menu

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Corn Chex / Milk	1/2 Cup / 90 ml	
		Plus	Corn Chex / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Pretzel Bun / Mozzarella Cheese Slice	1/2 Bun / 1 Slice	
		Plus	Pretzel Bun / Mozzarella Cheese Slice / Fresh Fruit	1/2 Bun / 1 Slice	
Tuesday	AM	Standard	Apple Cinnamon Morning Round	1/2 Round	
		Plus	Apple Cinnamon Morning Round / Fresh Fruit	1/2 Round	
	PM	Standard	Whole Wheat Pumpkin Loaf / Fresh Fruit	1 Slice (1 loaf = 10 portions)	
		Plus	Whole Wheat Pumpkin Loaf / Edamame / Fresh Fruit	1 Slice (1 loaf = 10 portions) / 2 Tbsp	
Wednesday	AM	Standard	Whole Wheat Bagel / Cream Cheese	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Bagel / Cream Cheese / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Banana Oatmeal Bar / Applesauce	1 Bar / 4 Tbsp	
		Plus	Banana Oatmeal Bar / Applesauce / Hardboiled Egg	1 Bar / 4 Tbsp / 1 Egg	
Thursday	AM	Standard	Rice Krispies / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Pita / Hummus	1/2 Pita / 2 Tbsp	
		Plus	Whole Wheat Pita / Hummus / Snap Peas	1/2 Pita / 2 Tbsp / 5-7 Snap Peas	
Friday	AM	Standard	Whole Wheat Carrot Muffin	1 Muffin	
		Plus	Whole Wheat Carrot Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Wheat Crackers / Cheese Curds	4 Crackers / 2-3 Curds	
		Plus	Wheat Crackers / Cheese Curds / Baby Carrots	4 Crackers / 2-3 Curds / 2-3 Baby Carrots	2-3 Blanched Baby Carrots

Effective October 27, 2025
Last Revised October 20, 2025

If Space is Blank please refer to the Preschool / School Age portion

Eat Grow Thrive

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Rice Chex / Milk	1/2 Cup / 90 ml	
		Plus	Rice Chex / Milk / Fresh fruit	1/2 Cup / 90 ml	
	PM	Standard	Strawberry Yogurt / Fresh Fruit	90 ml	
		Plus	Strawberry Yogurt / Organic Mixed Berry Granola Minis / Fresh Fruit	90 ml / 1 Pack	1 Organic Strawberry Granola Bar
Tuesday	AM	Standard	Multigrain Muesli Morning Round / Strawberry Jam	1 Round / 1 Tbsp	
		Plus	Multigrain Muesli Morning Round / Strawberry Jam / Fresh Fruit	1 Round / 1 Tbsp	
	PM	Standard	Whole Wheat Owl Snaps / Berry Applesauce	8 Snaps / 4 Tbsp	
		Plus	Whole Wheat Owl Snaps / Berry Applesauce / Cheese Curds	8 Snaps / 4 Tbsp / 2-3 Curds	
Wednesday	AM	Standard	Vanilla Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	1 Tbsp Cereal Topping
		Plus	Vanilla Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	1 Tbsp Cereal Topping
	PM	Standard	Whole Wheat Pita / Cheddar Cheese Slice	1/2 Pita / 1 Slice	
		Plus	Whole Wheat Pita / Cheddar Cheese Slice / Cucumber Slices	1/2 Pita / 1 Slice / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices
Thursday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Javaneh Slice / Hummus	1 Slice / 2 Tbsp	
		Plus	Javaneh Slice / Hummus / Grape Tomatoes	2 Slice / 2 Tbsp / 3 Grape Tomatoes	
Friday	AM	Standard	Multigrain Cheerios / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Melba Toast / Cheese Cubes	1 Pack / 2-3 Cubes	4 Wheat Crackers
		Plus	Melba Toast / Cheese Cubes / Guacamole	1 Pack / 2-3 Cubes / 2 Tbsp	4 Wheat Crackers