



PORTION GUIDE - Week 1

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	AM	Standard	All Bran / Milk	1/2 Cup / 90 ml	
		Plus	All Bran / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Mini Veggie Crackers / Cheese Slice	1 Pack / 1 Slice	
		Plus	Whole Wheat Mini Veggie Crackers / Cheese Slice / Guacamole	1 Pack / 1 Slice / 2 Tbsp	
Tuesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Unsweetened Applesauce	1 Bar / 4 Tbsp	
	PM	Standard	Melba Toast / Fresh Fruit	1 Pack	2 Corn Crackers
		Plus	Melba Toast / Fresh Fruit / Edamame	1 Pack / 2 Tbsp	2 Corn Crackers
Wednesday	AM	Standard	Rice Krispies / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Pretzel Bun / Cheese Slice	1/2 Bun / 1 Slice	
		Plus	Pretzel Bun / Cheese Slice / Fresh Fruit	1/2 Bun / 1 Slice	
Thursday	AM	Standard	Whole Wheat Bagel / Apple Butter	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Bagel / Apple Butter / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Whole Wheat Breadsticks / Sesame-Free Hummus	8 Sticks / 2 Tbsp	4 Wheat Crackers
		Plus	Whole Wheat Breadsticks / Sesame-Free Hummus / Grape Tomatoes	8 Sticks / 2 Tbsp / 2-3 Grape Tomatoes	4 Wheat Crackers
Friday	AM	Standard	Waffle / Strawberry Jam	1 Waffle / 1 Tbsp	
		Plus	Waffle / Strawberry Jam / Fresh Fruit	1 Waffle / 1 Tbsp	
	PM	Standard	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit / Hard Boiled Egg	1 Muffin / 1 Egg	

Effective: April 13, 2026
Last Revised: April 2, 2026

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

Eat Grow Thrive



PORTION GUIDE - Week 2

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

		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	Babybel Cheese / Fresh Fruit	1 Each
		Plus	Babybel Cheese / Fresh Fruit / Whole Grain Cranberry Oatmeal Cookie	1 Each / 1 Cookie
Tuesday	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	Whole Wheat Vanilla Snaps / Unsweetened Applesauce	8 Snaps / 4 Tbsp
		Plus	Whole Wheat Vanilla Snaps / Unsweetened Applesauce / Cheese Curds	8 Snaps / 4 Tbsp / 2-3 Curds
Wednesday	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 Pita / Bruschetta	1/2 Pita / 2 Tbsp
		Plus	Whole Wheat Pita / Bruschetta / Shredded Cheese	1/2 Pita / 2 Tbsp / 1 Tbsp
Thursday	AM	Standard	Peach Yogurt / Whole Grain Granola	90 ml / 1 Tbsp
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp
	PM	Standard	Hard Boiled Egg / Fresh Fruit	1 Egg
		Plus	Hard Boiled Egg / Fresh Fruit / Whole Wheat Lemon Blueberry Loaf	1 Egg / 1 Slice (1 loaf = 10 portions)
Friday	AM	Standard	Whole Wheat Summer Berry Muffin	1 Muffin
		Plus	Whole Wheat Summer Berry Muffin / Fresh Fruit	1 Muffin
	PM	Standard	Organic Strawberry Granola Bar / Baby Carrots	1 Bar / 2-3 Baby Carrots
		Plus	Organic Strawberry Granola Bar / Baby Carrots / Edamame	1 Bar / 2-3 Baby Carrots / 2 Tbsp

Effective: April 13, 2026
Last Revised: April 2, 2026

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

Eat Grow Thrive



**WHOLE SOME
KIDS
CATERING**

PORTION GUIDE - Week 3

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	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 Banana Muffin / Fresh Fruit	1 Muffin	
		Plus	Whole Wheat Banana Muffin / Fresh Fruit / Cheese Curds	1 Muffin / 2-3 Curds	
Tuesday	AM	Standard	Whole Wheat Carrot Zucchini Loaf	1 Slice (1 loaf = 10 portions)	
		Plus	Whole Wheat Carrot Zucchini Loaf / Unsweetened Applesauce	1 Slice (1 loaf = 10 portions) / 4 Tbsp	
	PM	Standard	Cucumber Slices / Red Pepper Cheese Dip	2-3 Cucumber Slices / 1-2 Tbsp	2-3 Peeled Cucumber Slices
		Plus	Cucumber Slices / Red Pepper Cheese Dip / Whole Wheat Mini Veggie Crackers	2-3 Cucumber Slices / 1-2 Tbsp / 1 Pack	2-3 Peeled Cucumber Slices
Wednesday	AM	Standard	Whole Wheat Pancake / Strawberry Chia Seed Jam	1 Pancake/ 2 Teaspoons	
		Plus	Whole Wheat Pancake / Strawberry Chia Seed Jam / Fresh Fruit	1 Pancake/ 2 Teaspoons	
	PM	Standard	Mini Naan Dippers / Sesame-Free Hummus	2 Naan Dippers / 2 Tbsp	
		Plus	Mini Naan Dippers / Sesame-Free Hummus / Baby Carrots	2 Nan Dippers / 2 Tbsp / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
Thursday	AM	Standard	Rice Chex / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Cornbread / Unsweetened Applesauce	1 Square / 4 Tbsp	
		Plus	Cornbread / Unsweetened Applesauce / Edamame	1 Square / 4 Tbsp / 2 Tbsp	
Friday	AM	Standard	Whole Wheat Pineapple Coconut Muffin	1 Muffin	
		Plus	Whole Wheat Pineapple Coconut Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Mini Maple Biscuits / Fresh Fruit	1 Pack	
		Plus	Mini Maple Biscuits / Fresh Fruit / Cheese Cubes	1 Pack / 2-3 Cubes	2-3 Blanched Baby Carrots

Effective: April 13, 2026
Last Revised: April 2, 2026

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

Eat Grow Thrive



PORTION GUIDE - Week 4

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

		Menu Selection	Preschool / School Age	Infant / Toddler	
Monday	AM	Standard	Special K / Milk	1/2 Cup / 90 ml	
		Plus	Special K / Milk / Fresh fruit	1/2 Cup / 90 ml	
	PM	Standard	Banana Oat Bar / Unsweetened Applesauce	1 Bar / 4 Tbsp	
		Plus	Banana Oat Bar / Unsweetened Applesauce / Edamame	1 Bar / 4 Tbsp / 2 Tbsp	
Tuesday	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	Cheese Cubes / Baby Carrots	2-3 Cubes / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Cheese Cubes / Baby Carrots / Whole Wheat Oatmeal Cookie	2-3 Cubes / 2-3 Baby Carrots / 1 Cookie	2-3 Blanched Baby Carrots
Wednesday	AM	Standard	Whole Grain Banana Cookie	1 Cookie	
		Plus	Whole Grain Banana Cookie / Fresh Fruit	1 Cookie	
	PM	Standard	Whole Wheat Breadsticks / Grape Tomatoes	8 Sticks / 2-3 Grape Tomatoes	4 Wheat Crackers
		Plus	Whole Wheat Breadsticks / Grape Tomatoes / Sesame-Free Hummus	8 Sticks / 2-3 Grape Tomatoes / 2 Tbsp	4 Wheat Crackers
Thursday	AM	Standard	Whole Wheat Bread / Cheese Slice	1 Bread Slice / 1 Cheese Slice	
		Plus	Whole Wheat Bread / Cheese Slice / Fresh Fruit	1 Bread Slice / 1 Cheese Slice	
	PM	Standard	Babybel Cheese / Fresh Fruit	1 Each	
		Plus	Babybel Cheese / Fresh Fruit / Melba Toast	1 Each / 1 Pack	2 Corn Crackers
Friday	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 English Muffin / Cheese Slice	1/2 Muffin / 1 Slice	
		Plus	Whole Wheat English Muffin / Cheese Slice / Fresh Fruit	1/2 Muffin / 1 Slice	

Effective: April 13, 2026
Last Revised: April 2, 2026

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

Eat Grow Thrive