



## 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 / Strawberry Jam / Fresh Fruit                        | 1 Pack / 1 Tbsp                        | 2 Corn Crackers  |
|           |    | Plus     | Melba Toast / Strawberry Jam / Fresh Fruit / Edamame              | 1 Pack / 1 Tbsp / 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 May 27, 2026

**Eat Grow Thrive**

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



## 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                         | 1 Tbsp Cereal Topping     |
|           |    | Plus     | Peach Yogurt / Whole Grain Granola / Fresh Fruit                    | 90 ml / 1 Tbsp                         | 1 Tbsp Cereal Topping     |
|           | 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               | 2-3 Blanched Baby Carrots |
|           |    | Plus     | Organic Strawberry Granola Bar / Baby Carrots / Edamame             | 1 Bar / 2-3 Baby Carrots / 2 Tbsp      | 2-3 Blanched Baby Carrots |

Effective April 13, 2026  
Last Revised May 27, 2026

**Eat Grow Thrive**

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



## 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                                    | 4-5 Cucumber Slices / 1-2 Tbsp            | 4-5 Peeled Cucumber Slices |
|           |    | Plus     | Cucumber Slices / Red Pepper Cheese Dip / Whole Wheat Mini Veggie Crackers | 4-5 Cucumber Slices / 1-2 Tbsp / 1 Pack   | 4-5 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 May 27, 2026

**Eat Grow Thrive**

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



## 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 May 27, 2026

**Eat Grow Thrive**

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