



PORTION GUIDE - Week 1
Fall 2026 - Spring 2027

School Aged
Snack Program

			Menu Selection	School Age
Monday	AM	Standard	Corn Chex / Milk / Clementine	1/2 Cup / 90 ml / 1 Clementine
	PM	Standard	Pretzel Bun / Cheddar Cheese Slice	1/2 Pretzel Bun / 1 Slice
Tuesday	AM	Standard	Multigrain Morning Round / Mango Applesauce	1 Round / 4 Tbsp
	PM	Standard	Spice Snaps / Kiwi	4 Snaps / 1 Kiwi
Wednesday	AM	Standard	Vanilla Yogurt / Granola / Apple	88 ml / 1 Tbsp / 1 Apple
	PM	Standard	Whole Wheat Lemon Blueberry Loaf / Orange	1.5 Slice / 1 Orange
Thursday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin / Pineapple	1 Muffin / 1 Slice Pineapple
	PM	Standard	Whole Wheat Mini Veggies Crackers / Cheese Curds	1 Each / 24 gr
Friday	AM	Standard	Special K / Milk / Pear	1/2 Cup / 90 ml / 0.5 Pear
	PM	Standard	Whole Wheat Oatmeal Cranberry Round / Grape Tomato	2 Rounds / 3 Tomatoes

Effective Aug 7, 2026

Eat Grow Thrive



PORTION GUIDE - Week 2

Fall 2026 - Spring 2027

School Aged
Snack Program

			Menu Selection	School Age
Monday	AM	Standard	Multigrain Cheerios / Milk / Orange	1/2 Cup / 90 ml / 0.5 Orange
	PM	Standard	Javaneh Slice / Cheese Curds	1.5 Slice / 24 gr
Tuesday	AM	Standard	Banana Oat Bite / Pear	1 Each / 1 Pear
	PM	Standard	Strawberry Granola Bar / Applesauce	1.5 Bar / 4 Tbsp
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	Whole Wheat Banana Loaf / Baby Carrots	1.5 Slice / 3-4 Baby Carrots
Friday	AM	Standard	Whole Wheat Summer Berry Muffin / Cantaloupe	1 Muffin / 1 Slice Cantaloupe
	PM	Standard	Cocoa Snaps / Banana	12 Snaps / 1 Banana

Effective Aug 7, 2026

Eat Grow Thrive



PORTION GUIDE - Week 3
Fall 2026 - Spring 2027

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	Whole Wheat Mini Veggie Crackers / Cheese Curds	1 Each / 24 gr
Tuesday	AM	Standard	Whole Wheat Bagel / Cream Cheese / Kiwi	1 Bagel / 1 Tbsp / 0.5 Kiwi
	PM	Standard	Mixed Berry Granola Minis / Orange	1 Each / 1 Orange
Wednesday	AM	Standard	Special K / Milk / Apple	1/2 Cup / 90 ml / 1 Apple
	PM	Standard	Whole Wheat English Muffin / Cheddar Cheese Slice	1 English Muffin / 1 Slice
Thursday	AM	Standard	Strawberry Yogurt / Granola / Pear	88 ml / 1 Tbsp / 0.5 Pear
	PM	Standard	Whole Wheat Lemon Blueberry Loaf / Cucumber Slices	1.5 Loaf / 2-3 Cucumber Slices
Friday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin / Clementine	1 Muffin / 1 Clementine
	PM	Standard	Digestive Biscuits / Honeydew	3 Biscuits / 3 Chunks (45 gr)

Effective Aug 7, 2026

Eat Grow Thrive



PORTION GUIDE - Week 4

Fall 2026 - Spring 2027

School Aged
Snack Program

			Menu Selection	School Age
Monday	AM	Standard	Multigrain Cheerios / Milk / Pear	1/2 Cup / 90 ml / 0.5 Pear
	PM	Standard	Whole Wheat Vanilla Snaps / Clementine	12 Cookies / 1 Clementine
Tuesday	AM	Standard	BOB Bar / Applesauce	1 Each / 4 Tbsp
	PM	Standard	Soda Cracker / Guacamole / Cheese Curds	6 Crackers / 2 Tbsp / 24 gr
Wednesday	AM	Standard	Whole Wheat Pancake / Berry Jam / Orange	1 Pancake / 1 Tbsp / 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 / 18 gr
Friday	AM	Standard	Whole Wheat Summer Berry Muffin / Banana	1 Muffin / 0.5 Banana
	PM	Standard	Whole Wheat Oatmeal Cookie / Cucumber Slices	2 Cookies / 2-3 Slices

Effective Aug 7, 2026

Eat Grow Thrive