

**Snack – Week 1**

		Day 1	Day 2	Day 3	Day 4	Day 5
<b>COMPONENTS (Offer 2 Daily) ↓</b>	<b>MENU NAME →</b>	Week 1	Week 1	Week 1	Week 1	Week 1
<b>Milk</b> Minimum: 1 cup	Flavor & Fat content					
	Portion in oz.					
<b>Fruits/Vegetables 100% Juice</b> Minimum: 3/4 cup	Item	100% Fruit Juice	Carrots			Apple Sauce
	Portion in cups	¾ cup	¾ cup			¾ cup
<b>Grains</b> Minimum: 1 oz. eq.	Item	WGR Chex Mix	Crackers WGR	Pretzel	WGR Blueberry Muffin	Cheese Crackers
	Portion in oz.	4 oz	2 oz	1.5 oz	2 oz	1.5 oz
<b>Meats/ Meat Alternates</b> Minimum: 1 oz. eq.	Item			Cheese Stick	Yogurt	
	Portion size or oz.			1 oz	3.1 oz	
<b>Other Foods &amp; Condiments</b>	Item		Ranch			
	Portion size		2 tbsp			
	Item					
	Portion size					

**Notes: Week 1**