

Snack – Week 3

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS (Offer 2 Daily) ↓	MENU NAME →	Week 3	Week 3	Week 3	Week 3	Week 3
Milk Minimum: 1 cup	Flavor & Fat content	1% or Fat Free Chocolate				
	Portion in oz.	8 oz				
Fruits/Vegetables 100% Juice Minimum: 3/4 cup	Item	Apple		Tater tots	100 % Fruit Juice	
	Portion in cups	¾ cup		¾ cup	¾ cup	
Grains Minimum: 1 oz. eq.	Item		WGR Crackers		WGR Mini Chicken Corn Dog	WGR Banana Muffin
	Portion in oz.		1 oz		1.25 oz	2 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item		Turkey			Yogurt
	Portion size or oz.		2 oz			1 oz
Other Foods & Condiments	Item	Nutella	Cheese Stick	Ketchup		
	Portion size	2 tbsp	1 oz	1 pack		
	Item					
	Portion size					

Notes: Week 3