

Snack Menu Week 4

		Day 1	Day 2	Day 3	Day 4	Day 5
COMPONENTS (Offer 2 Daily) ↓	MENU NAME →	Week 4	Week 4	Week 4	Week 4	Week 4
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	Banana	100% Fruit Juice	Apple Sauce	Pineapple	Applesauce
	Portion in cups	¾ cup	3/4 cup	¾ cup	¾ cup	¾ cup
Grains Minimum: 1 oz. eq.	Item	WGR Tortilla	WGR Sun Chips	WGR Granola Bar	WGR Pretzel	WGR Cheese Crackers
	Portion in oz.	2 oz	1.5 oz	1 oz	1 oz	1 oz
Meats/ Meat Alternates Minimum: 1 oz. eq.	Item					
	Portion size or oz.					
Other Foods & Condiments	Item	Nutella				
	Portion size	2 tbsp				
	Item					
	Portion size					

Notes: Week 4