

MARCH 2026

		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2	3	4	5	6
AM SNACK	MILK	1/2 CUP	1/2 CUP	Yogurt	Water	Milk	Water	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP				Fresh Fruit	
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Pretzel	crackers	Rice Rolls	Crackers	Pita bread
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ		Cheese stick			American Cheese
PM SNACK	MILK	1/2 CUP	1/2 CUP	Water	Water	Water	Milk	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP	fresh fruit	Corn	fruit cup		Apple sauce
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Cheez its	Crackers	Rice and corn puffs	Cheerios	crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ					

WATER IS SERVED WHEN MILK IS NOT



AT LEAST ONE SERVING OF GRAINS PER DAY



AGE 1 SERVE WHOLE MILK
AGES 2-18 SERVE 1% OR FAT FREE



GRAINS:

SEASONAL FRUIT OR FRUIT CUPS:

VEGETABLES:

MEAT OR MEAT ALTERNATIVE:

RITZ	CHERRIOS	APPLES	CHICK PEAS	CHEESE STICKS
CLUB	RAISIN BREAD	BANANAS	SLICED PEPPERS	AMERICAN CHEESE SLICES
RICE AND CORN PUFFS	ORGANIC ANIMAL CRACKERS	MANDARIN ORANGES	CARROTS	CANNED CHICKEN
GREEN PEA SNACKS	WAFFLES	DICED PEACHES	CELERY	TURKEY SLICES
RICE CAKES	PITA BREAD	MIXED FRUIT CUP	CORN	YOGURT
ORGANIC PRETZELS	GRAHAM CRACKERS	MANDARINS ORANGE CUP	  	
CHEEZ ITS	CORN MUFFIN	APPLESAUCE		
GOLDFISH	WHOLE GRAIN BELVITA			
VEGGIE STICKS				
CHEX MIX				

		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9	10	11	12	13
AM SNACK	MILK	1/2 CUP	1/2 CUP	Milk	Water	Milk	Water	Milk
	Fruit OR Vegetables	1/2 CUP	1/2 CUP				Fresh Fruit	
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Crackers	Crackers	Raising Bread	Crackers	Animal crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ		Stick Cheese			
PM SNACK	MILK	1/2 CUP	1/2 CUP	Water	Water	Water	Water	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP	Mixed Fruit Cup	Fresh Fruit	Mandarin oranges cup	Fresh Fruit	Apple Sauce
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Crackers	Crackers	Crackers	Crackers	Crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ					

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AT LEAST ONE SERVING OF GRAINS PER DAY



AGE 1 SERVE WHOLE MILK
 AGES 2-18 SERVE 1% OR FAT FREE



GRAINS:					SEASONAL FRUIT OR FRUIT CUPS:	VEGETABLES:	MEAT OR MEAT ALTERNATIVE:
RITZ	CHERRIOS	APPLES	CHICK PEAS	CHEESE STICKS			
CLUB	RAISIN BREAD	BANANAS	SLICED PEPPERS	AMERICAN CHEESE SLICES			
RICE AND CORN PUFFS	ORGANIC ANIMAL CRACKERS	MANDARIN ORANGES	CARROTS	CANNED CHICKEN			
GREEN PEA SNACKS	WAFFLES	DICED PEACHES	CELERY	TURKEY SLICES			
RICE CAKES	PITA BREAD	MIXED FRUIT CUP	CORN	YOGURT			
ORGANIC PRETZELS	GRAHAM CRACKERS	MANDARINS ORANGE CUP	  				
CHEEZ ITS	CORN MUFFIN	APPLESAUCE					
GOLDFISH	WHOLE GRAIN BELVITA						
VEGGIE STICKS							
CHEX MIX							

		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				16	17	18	19	20
AM SNACK	MILK	1/2 CUP	1/2 CUP	Water	Water	Water	Milk	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP			Fresh Vegetable		
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Crackers	Crackers	Crackers	Raising bread	Crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ	string cheese	Yogurt			American Cheese slice
PM SNACK	MILK	1/2 CUP	1/2 CUP	Water	Water	Water	Water	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP	Fresh Fruit	Apple Sauce		Mixed fruit cup	
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Crackers	Crackers	Crackers	Crackers	Crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ			Cheese stick		Turkey slices

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AGE 1 SERVE WHOLE MILK
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GRAINS:					SEASONAL FRUIT OR FRUIT CUPS:	VEGETABLES:	MEAT OR MEAT ALTERNATIVE:
RITZ	CHERRIOS	APPLES	CHICK PEAS	CHEESE STICKS			
CLUB	RAISIN BREAD	BANANAS	SLICED PEPPERS	AMERICAN CHEESE SLICES			
RICE AND CORN PUFFS	ORGANIC ANIMAL CRACKERS	MANDARIN ORANGES	CARROTS	CANNED CHICKEN			
GREEN PEA SNACKS	WAFFLES	DICED PEACHES	CELERY	TURKEY SLICES			
RICE CAKES	PITA BREAD	MIXED FRUIT CUP	CORN	YOGURT			
ORGANIC PRETZELS	GRAHAM CRACKERS	MANDARINS ORANGE CUP					
CHEEZ ITS	CORN MUFFIN	APPLESAUCE					
GOLDFISH	WHOLE GRAIN BELVITA						
VEGGIE STICKS							
CHEX MIX							

		AGES 1-2	AGES 3-5		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				23	24	25	26	27
AM SNACK	MILK	1/2 CUP	1/2 CUP	Milk	Water	Milk	Water	Milk
	Fruit OR Vegetables	1/2 CUP	1/2 CUP		Apple Sauce		Apple Sauce	
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Waffle	Crackes	Belvita	Goldfish	Cheerios
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ					

PM SNACK	MILK	1/2 CUP	1/2 CUP	Water	water	Water	Water	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP	Fresh Vegetables		Fresh fruit		Fruit cup
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Crackers	Crackers	Green peas	Crackers	Crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ		Cheese		Yougurt	

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AGE 1 SERVE WHOLE MILK
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GRAINS:					SEASONAL FRUIT OR FRUIT CUPS:	VEGETABLES:	MEAT OR MEAT ALTERNATIVE:
RITZ	CHERRIOS	APPLES	CHICK PEAS	CHEESE STICKS			
CLUB	RAISIN BREAD	BANANAS	SLICED PEPPERS	AMERICAN CHEESE SLICES			
RICE AND CORN PUFFS	ORGANIC ANIMAL CRACKERS	MANDARIN ORANGES	CARROTS	CANNED CHICKEN			
GREEN PEA SNACKS	WAFFLES	DICED PEACHES	CELERY	TURKEY SLICES			
RICE CAKES	PITA BREAD	MIXED FRUIT CUP	CORN	YOGURT			
ORGANIC PRETZELS	GRAHAM CRACKERS	MANDARINS	  				
CHEEZ ITS	CORN MUFFIN	ORANGE CUP					
GOLDFISH	WHOLE GRAIN BELVITA	APPLESAUCE					
VEGGIE STICKS							
CHEX MIX							

		AGES 1-2	AGES 3-5		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				30	31			
AM SNACK	MILK	1/2 CUP	1/2 CUP	Milk	Water			
	Fruit OR Vegetables	1/2 CUP	1/2 CUP					
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Waffle	Crackers			
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ		Cheese			
PM SNACK	MILK	1/2 CUP	1/2 CUP	Water	Water			
	Fruit OR Vegetables	1/2 CUP	1/2 CUP	Fresh Vegetables	Apple Sauce			
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Crackers				
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ					



AT LEAST ONE SERVING OF GRAINS PER DAY



AGE 1 SERVE WHOLE MILK
AGES 2-18 SERVE 1% OR FAT FREE



GRAINS:					SEASONAL FRUIT OR FRUIT CUPS:	VEGETABLES:	MEAT OR MEAT ALTERNATIVE:
RITZ	CHERRIOS	APPLES	CHICK PEAS	CHEESE STICKS			
CLUB	RAISIN BREAD	BANANAS	SLICED PEPPERS	AMERICAN CHEESE SLICES			
RICE AND CORN PUFFS	ORGANIC ANIMAL CRACKERS	MANDARIN ORANGES	CARROTS	CANNED CHICKEN			
GREEN PEA SNACKS	WAFFLES	DICED PEACHES	CELERY	TURKEY SLICES			
RICE CAKES	PITA BREAD	MIXED FRUIT CUP	CORN	YOGURT			
ORGANIC PRETZELS	GRAHAM CRACKERS	MANDARINS ORANGE CUP	  				
CHEEZ ITS	CORN MUFFIN	APPLESAUCE					
GOLDFISH	WHOLE GRAIN BELVITA						
VEGGIE STICKS							
CHEX MIX							