

DECEMBER 2025

		AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2	3	4	5
AM SNACK	MILK	1/2 CUP	1/2 CUP	Water	Milk	Water	Milk	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP					
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Pita Bread	Cheerios	Cracker	Raisin bread	Crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ	American Cheese		String Cheese		Yogurt
PM SNACK	MILK	1/2 CUP	1/2 CUP	Water	Water	Water	Water	Water
	Fruit OR Vegetables	1/2 CUP	1/2 CUP	Fruit Cup	Fresh Fruit	Apple sauce	Vegetables	
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP				Crackers	Crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ	Cracker	Crackers	Cracker		

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		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
					8	9	10	11	12
AM SNACK	MILK	1/2 CUP	1/2 CUP		Milk	Water	Milk	Water	Milk
	Fruit OR Vegetables	1/2 CUP	1/2 CUP						
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP		Waffles	Crackers	Belvitas	Crackers	Rice Cake
	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		Apple sauce	Corn	Diced Peaches		Fresh Fruit
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP		Crackers	Crackers	Crackers	Cheerios	Crackers
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ						

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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		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
				15	16	17	18	19
AM SNACK	MILK	1/2 CUP	1/2 CUP	Milk	Water	Milk	Water	Milk
	Fruit OR Vegetables	1/2 CUP	1/2 CUP					
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP	Crackers	Crackers	Raising Bread	Crackers	Corn Muffin
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ		String Cheese		American 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		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				Turkey Slices	

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FRUIT CUPS:

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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		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
					22	23	24	25	26
AM SNACK	MILK	1/2 CUP	1/2 CUP		Milk	Water	Center Closed	Center Closed	Center Closed
	Fruit OR Vegetables	1/2 CUP	1/2 CUP						
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP		Belvita	Crackers			
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ			Cheese Stick			
PM SNACK	MILK	1/2 CUP	1/2 CUP		Water				
	Fruit OR Vegetables	1/2 CUP	1/2 CUP		Fruit cup				
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP		Crackers				
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ						

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CHEEZ ITS	CORN MUFFIN	APPLESAUCE		
GOLDFISH	WHOLE GRAIN BELVITA			
VEGGIE STICKS				
CHEX MIX				

		AGES 1-2	AGES 3-5		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					29	30	31	
AM SNACK	MILK	1/2 CUP	1/2 CUP		Center Closed	Center Closed	Center Closed	
	Fruit OR Vegetables	1/2 CUP	1/2 CUP					
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP					
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ					
PM SNACK	MILK	1/2 CUP	1/2 CUP					
	Fruit OR Vegetables	1/2 CUP	1/2 CUP					
	Grains	1/2 SLICE 1/4 CUP	1/2 SLICE 1/3 CUP					
	Meat OR Meat Alternative	1/2 OZ	1/2 OZ					

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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						
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