

Serving Sizes

per learner

- Milk - 1/2 cup
- Vegetable - 1/2 cup
- Fruit - 1/2 cup
- Bread - 1/2 slice
- Cereal - 1/3 cup
- Meat - 1/2 oz.

SEPTEMBER 2023

MON	TUE	WED	THU	FRI
				1 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS
4 NO SCHOOL	5 STRING CHEESE & SALTINE CRACKERS ----- RAISINS & VEGGIE STRAWS	6 CHEEZITS & JUICE ----- FRUIT CUP & RITZ CRACKERS	7 APPLESAUCE & GRAHAMS ----- PRETZELS & RAISINS	8 ANIMAL CRACKERS & FRUIT CUP ----- GOLDFISH CRACKERS & JUICE
11 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS	12 ANIMAL CRACKERS & FRUIT CUP ----- GOLDFISH CRACKERS & JUICE	13 STRING CHEESE & SALTINE CRACKERS ----- RAISINS & VEGGIE STRAWS	14 CHEEZITS & JUICE ----- FRUIT CUP & RITZ CRACKERS	15 APPLESAUCE & GRAHAMS ----- PRETZELS & RAISINS
18 STRING CHEESE & WHEAT THINS ----- CHEX MIX & JUICE	19 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS	20 ANIMAL CRACKERS & FRUIT CUP ----- GOLDFISH CRACKERS & JUICE	21 STRING CHEESE & SALTINE CRACKERS ----- RAISINS & VEGGIE STRAWS	22 CHEEZITS & JUICE ----- FRUIT CUP & RITZ CRACKERS
25 APPLESAUCE & GRAHAMS ----- PRETZELS & RAISINS	26 STRING CHEESE & WHEAT THINS ----- CHEX MIX & JUICE	27 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS	28 ANIMAL CRACKERS & FRUIT CUP ----- GOLDFISH CRACKERS & JUICE	29 STRING CHEESE & SALTINE CRACKERS ----- RAISINS & VEGGIE STRAWS