

# 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.

# MAY 2024

MON	TUE	WED	THU	FRI
		1 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP	2 BELVITAS & JUICE ----- RAISINS & VEGGIE STRAWS	3 <b>SCHOOL CLOSED</b>
6 APPLESAUCE & GRAHAM CRACKERS ----- STRING CHEESE & SALTINE CRACKERS	7 CHEX MIX & RAISINS ----- FRUIT CUP & WHEAT THINS	8 VANILLA WAFERS & APPLESAUCE ----- GOLDFISH & JUICE	9 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP	10 BELVITAS & JUICE ----- RAISINS & VEGGIE STRAWS
13 CHEEZITS & JUICE ----- ANIMAL CRACKERS & GOGURTS	14 APPLESAUCE & GRAHAM CRACKERS ----- STRING CHEESE & SALTINE CRACKERS	15 CHEX MIX & RAISINS ----- FRUIT CUP & WHEAT THINS	16 VANILLA WAFERS & APPLESAUCE ----- GOLDFISH & JUICE	17 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP
20 FRUIT CUP & BELVITAS ----- RITZ CRACKERS & JUICE	21 CHEEZITS & JUICE ----- ANIMAL CRACKERS & GOGURTS	22 APPLESAUCE & GRAHAM CRACKERS ----- STRING CHEESE & SALTINE CRACKERS	23 CHEX MIX & RAISINS ----- FRUIT CUP & WHEAT THINS	24 <b>SCHOOL CLOSED</b>
27 <b>SCHOOL CLOSED</b>	28 <b>SCHOOL CLOSED</b>	29 <b>SCHOOL CLOSED</b>	30 <b>SCHOOL CLOSED</b>	31 <b>SCHOOL CLOSED</b>