

# 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 2025

MON	TUE	WED	THU	FRI
			<div>1</div> <div>BELVITAS &amp; JUICE</div> <div>RAISINS &amp; VEGGIE STRAWS</div>	<div>2</div> <div>VANILLA WAFERS &amp; APPLESAUCE</div> <div>GOLDFISH &amp; JUICE</div>
<div>5</div> <div>PRETZELS &amp; RAISINS</div> <div>ANIMAL CRACKERS &amp; FRUIT CUP</div>	<div>6</div> <div>FIG BARS &amp; JUICE</div> <div>CHEEZITS &amp; FRUIT VEGGIE SQUEEZE</div>	<div>7</div> <div>GOGURT &amp; GRAHAM CRACKERS</div> <div>STRING CHEESE &amp; SALTINE CRACKERS</div>	<div>8</div> <div>RITZ CRACKER &amp; RAISINS</div> <div>CHEX MIX &amp; JUICE</div>	<div>9</div> <div>BELVITAS &amp; JUICE</div> <div>RAISINS &amp; VEGGIE STRAWS</div>
<div>12</div> <div>VANILLA WAFERS &amp; APPLESAUCE</div> <div>GOLDFISH &amp; JUICE</div>	<div>13</div> <div>PRETZELS &amp; RAISINS</div> <div>ANIMAL CRACKERS &amp; FRUIT CUP</div>	<div>14</div> <div>FIG BARS &amp; JUICE</div> <div>CHEEZITS &amp; FRUIT VEGGIE SQUEEZE</div>	<div>15</div> <div>GOGURT &amp; GRAHAM CRACKERS</div> <div>STRING CHEESE &amp; SALTINE CRACKERS</div>	<div>16</div> <div>RITZ CRACKER &amp; RAISINS</div> <div>CHEX MIX &amp; JUICE</div>
<div>19</div> <div>BELVITAS &amp; JUICE</div> <div>RAISINS &amp; VEGGIE STRAWS</div>	<div>20</div> <div>VANILLA WAFERS &amp; APPLESAUCE</div> <div>GOLDFISH &amp; JUICE</div>	<div>21</div> <div>PRETZELS &amp; RAISINS</div> <div>ANIMAL CRACKERS &amp; FRUIT CUP</div>	<div>22</div> <div>FIG BARS &amp; JUICE</div> <div>CHEEZITS &amp; FRUIT VEGGIE SQUEEZE</div>	<div>23</div> <div>SCHOOL CLOSED</div>
<div>26</div> <div>SCHOOL CLOSED</div> <div>MEMORIAL DAY</div>	<div>27</div> <div>SCHOOL CLOSED</div>	<div>28</div> <div>SCHOOL CLOSED</div>	<div>29</div> <div>SCHOOL CLOSED</div>	<div>30</div> <div>SCHOOL CLOSED</div>