

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.

JULY 2024

MON	TUE	WED	THU	FRI
1 APPLESAUCE & GRAHAM CRACKERS ----- STRING CHEESE & SALTINE CRACKERS	2 CHEX MIX & RAISINS ----- FRUIT CUP & WHEAT THINS	3 VANILLA WAFERS & GOGURT ----- GOLDFISH & JUICE	4 SCHOOL CLOSED	5 SCHOOL CLOSED
8 FIG BARS & JUICE ----- CHEEZITS & FRUIT VEGGIE SQUEEZE	9 GOGURT & GRAHAM CRACKERS ----- STRING CHEESE & SALTINE CRACKERS	10 CHEX MIX & RAISINS ----- FRUIT CUP & WHEAT THINS	11 VANILLA WAFERS & GOGURT ----- GOLDFISH & JUICE	12 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP
15 BELVITAS & RAISINS ----- VEGGIE STRAWS & JUICE	16 FIG BARS & JUICE ----- CHEEZITS & FRUIT VEGGIE SQUEEZE	17 APPLESAUCE & GRAHAM CRACKERS ----- STRING CHEESE & SALTINE CRACKERS	18 CHEX MIX & RAISINS ----- FRUIT CUP & WHEAT THINS	19 VANILLA WAFERS & GOGURT ----- GOLDFISH & JUICE
22 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP	23 BELVITAS & RAISINS ----- VEGGIE STRAWS & JUICE	24 FIG BARS & JUICE ----- CHEEZITS & FRUIT VEGGIE SQUEEZE	25 GOGURT & GRAHAM CRACKERS ----- STRING CHEESE & SALTINE CRACKERS	26 CHEX MIX & RAISINS ----- FRUIT CUP & WHEAT THINS
29 VANILLA WAFERS & APPLESAUCE ----- GOLDFISH & JUICE	30 PRETZELS & RAISINS ----- ANIMAL CRACKERS & FRUIT CUP	31 BELVITAS & RAISINS ----- VEGGIE STRAWS & JUICE		