

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.

OCTOBER 2024

MON	TUE	WED	THU	FRI
	1 APPLESAUCE & GRAHAMS ----- PRETZELS & RAISINS	2 STRING CHEESE & SALTINE CRACKERS ----- CHEX MIX & JUICE	3 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS	4 ANIMAL CRACKERS & FRUIT CUP ----- GOLDFISH CRACKERS & JUICE
7 RASINS & VEGGIE STRAWS ----- STRING CHEESE & RITZ CRACKERS	8 GOGURT & PRETZELS ----- FRUIT CUP & WHEAT THINS	9 APPLESAUCE & GRAHAMS ----- PRETZELS & RAISINS	10 STRING CHEESE & SALTINE CRACKERS ----- CHEX MIX & JUICE	11 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS
14 NO SCHOOL	15 RASINS & VEGGIE STRAWS ----- STRING CHEESE & RITZ CRACKERS	16 GOGURT & PRETZELS ----- FRUIT CUP & WHEAT THINS	17 APPLESAUCE & GRAHAMS ----- PRETZELS & RAISINS	18 STRING CHEESE & SALTINE CRACKERS ----- CHEX MIX & JUICE
21 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS	22 ANIMAL CRACKERS & FRUIT CUP ----- GOLDFISH CRACKERS & JUICE	23 RASINS & VEGGIE STRAWS ----- STRING CHEESE & RITZ CRACKERS	24 GOGURT & PRETZELS ----- FRUIT CUP & WHEAT THINS	25 APPLESAUCE & GRAHAMS ----- PRETZELS & RAISINS
28 STRING CHEESE & SALTINE CRACKERS ----- CHEX MIX & JUICE	29 BELVITAS & JUICE ----- GOGURT & VANILLA WAFERS	30 ANIMAL CRACKERS & FRUIT CUP ----- GOLDFISH CRACKERS & JUICE	31 RASINS & VEGGIE STRAWS ----- STRING CHEESE & RITZ CRACKERS	