



# YMCA SNACK MENU

## 2024-2025 2nd SEMESTER

Pre-K

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<b>Cheez-It WG Crackers</b> (0.75 oz) (14g)  <b>100% Fruit Juice</b> (1/2 c   4 oz) (~15g)	<b>Doritos - Reduced Fat</b> (1 oz) -Nacho (20g) -Cool Ranch (20g) -Spicy Sweet Chili (20g)  <b>100% Fruit Juice</b> (1/2 c   4 oz) (~15g)	<b>Cheese Stick</b> (1 oz) -Marble (1g) -Mozzarella (2g)  <b>Fruit</b> (1/2 c) (~15g)	<b>Kellogg's WG Scooby-Doo! Graham Cracker Sticks - Cinnamon</b> (1 oz) (21g)  <b>100% Fruit Juice</b> (1/2 c   4 oz) (~15g)	<b>Cheetos Puffs - Reduced Fat</b> (0.7oz) (13g)  <b>Fruit</b> (1/2 c) (~15g)
Week 2	<b>Cheez-It WG Crackers</b> (0.75 oz) (14g)  <b>100% Fruit Juice</b> (1/2 c   4 oz) (~15g)	<b>Kellogg's Tiger Bites</b> (1oz) -Chocolate (20g) -Original (21g)  <b>100% Fruit Juice</b> (1/2 c   4 oz) (~15g)	<b>WG Rice Krispies Treats</b> (1.41 oz) -Original (30g) -Chocolatey Chip (34g) -Confetti (32g)  <b>Fruit</b> (1/2 c) (~15g)	<b>Chex Mix Simply Chex</b> (1 oz) -Cheddar (20g) -Chocolate Caramel (22g) -Strawberry Yogurt (23g)  <b>100% Fruit Juice</b> (1/2 c   4 oz) (~15g)	<b>Goldfish WG Baked Crackers</b> (0.75oz) -Cheddar (14g) -Cheddar - Colors (14g) -Cheddar - Mickey Mouse (14g) -Cheddar -Xtra (14g) -French Toast (21g) -Pretzel (16g)  <b>Fruit</b> (1/2 c) (~15g)

### Fruit Choices:

**Fresh:** kiwi, apple slices, cantaloupe, seedless grapes, orange, pineapple, honeydew, watermelon, blueberries, strawberries, pears, banana, oranges

**Canned/Etc:** applesauce cup, diced peach cup, diced strawberry cup, fruit cocktail, mandarin oranges, sliced peaches, diced pears, pineapple chunks, pineapple tidbits, tropical fruit salad, raisins, craisins, mixed fruit cup

**Juice:** apple, orange, sour apple, cherry, fruit punch, grape, blue raspberry, cranberry, cranberry grape,

### Snacks Must Contain at least two different components of the following four:

- 1 serving of fluid milk
- 1 serving of meat/meat alternative
- 1 serving of vegetables or fruit or 100% juice
- 1 serving of WG or enriched bread or cereal

WG = whole grain

Carb grams are listed in parenthesis: (\_g)

JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 2025				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

Menus subject to change. The institution is an equal opportunity provider.