



# YMCA SNACK MENU 2025-2026 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>Fruit</b> (1/2 c) (~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 Chat Snax Grahams</b> (1oz) (21g)  <b>Fruit</b> (1/2 c) (~15g)	<b>WG Animal Crackers</b> (1 oz) (21g)  <b>Fruit</b> (1/2 c) (~15g)	<b>Chex Mix Simply Chex</b> (1 oz) -Cheddar (20g)  <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) -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, raisins, 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 2026**

**FEBRUARY 2026**

**MARCH 2026**

**APRIL 2026**

**MAY 2026**

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					
29	30	31	1	2	2	3	4	5	6	2	3	4	5	6			1	2	3					1					
5	6	7	8	9	9	10	11	12	13	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8					
12	13	14	15	16	16	17	18	19	20	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15					
19	20	21	22	23	23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22					
26	27	28	29	30						30	31				27	28	29	30		25	26	27	28	29					

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