



YMCA SNACK MENU

2025-2026 1st SEMESTER

ELEM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Cheez-It WG Crackers (0.75 oz) (14g) 100% Fruit Juice (3/4 c 6 oz) (~20g)	Doritos - Reduced Fat (1 oz) -Nacho (20g) -Cool Ranch (20g) -Spicy Sweet Chili (20g) Fruit (3/4 c) (~20g)	Cheese Stick (1 oz) -Marble (1g) -Mozzarella (2g) Fruit (3/4 c) (~20g)	Kellogg's WG Scooby-Doo! Graham Cracker Sticks - Cinnamon (1 oz) (21g) 100% Fruit Juice (3/4 c 6 oz) (~20g)	Cheetos Puffs - Reduced Fat (0.7oz) (13g) Fruit (3/4 c) (~20g)
Week 2	Tostitos Chips with Salsa (0.87 oz) (18g) (3oz) (2g) 100% Fruit Juice (3/4 c 6 oz) (~20g)	Kellogg's Chat Snax Grahams (1oz) (21g) Fruit (3/4 c) (~20g)	WG Animal Crackers (1 oz) (21g) Fruit (3/4 c) (~20g)	Chex Mix Simply Chex (1 oz) -Cheddar (20g) 100% Fruit Juice (3/4 c 6 oz) (~20g)	Goldfish WG Baked Crackers (0.75oz) -Cheddar (14g) -Cheddar - Colors (14g) -Cheddar - Mickey Mouse (14g) -Cheddar -Xtra (14g) -Pretzel (16g) Fruit (3/4 c) (~20g)

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, raisins, mixed fruit cup

Juice: apple, orange, fruit punch

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)

AUGUST 2025					SEPTEMBER 2025					OCTOBER 2025					NOVEMBER 2025					DECEMBER 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
28	29	30	31	1	1	2	3	4	5			1	2	3	3	4	5	6	7	1	2	3	4	5
4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12
11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19
18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26
25	26	27	28	29	29	30				27	28	29	30	31						29	30	31		

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