



# YMCA SNACK MENU

## 2026-2027 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)

**Old Wisconsin Beef Stick**  
(0.5oz) (1g)  
**with 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)

**Indiana Popcorn - Sweet 'n Salty**  
(1 oz) (20g)

**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)

**JUL/AUG 2026**

**SEPTEMBER 2026**

**OCTOBER 2026**

**NOVEMBER 2026**

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

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