



YMCA SNACK MENU

2026-2027 1st SEMESTER

Pre-K

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Cheez-It WG Crackers (0.75 oz) (14g) 100% Fruit Juice (1/2 c 4 oz) (~15g)	Doritos - Reduced Fat (1 oz) -Nacho (20g) -Cool Ranch (20g) -Spicy Sweet Chili (20g) Fruit (1/2 c) (~15g)	Cheese Stick (1 oz) -Marble (1g) -Mozzarella (2g) Fruit (1/2 c) (~15g)	Kellogg's WG Scooby-Doo! Graham Cracker Sticks - Cinnamon (1 oz) (21g) 100% Fruit Juice (1/2 c 4 oz) (~15g)	Cheetos Puffs - Reduced Fat (0.7oz) (13g) Fruit (1/2 c) (~15g)
Week 2	Cheez-It WG Crackers (0.75 oz) (14g) 100% Fruit Juice (1/2 c 4 oz) (~15g)	Kellogg's Chat Snax Grahams (1oz) (21g) Fruit (1/2 c) (~15g)	WG Animal Crackers (1 oz) (21g) Fruit (1/2 c) (~15g)	CheX Mix Simply CheX (1 oz) -Cheddar (20g) 100% Fruit Juice (1/2 c 4 oz) (~15g)	Goldfish WG Baked Crackers (0.75oz) -Cheddar (14g) -Cheddar - Colors (14g) -Cheddar - Mickey Mouse (14g) -Cheddar -Xtra (14g) -Pretzel (16g) Fruit (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, 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)

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.