



YMCA SNACK MENU

2023-2024 2ND SEMESTER

ELEM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Cheez-It WG Crackers (0.75 oz) (14g) Fruit (3/4 c) (~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) Fruit (3/4 c) (~20g)	Cheetos Puffs - Reduced Fat (0.7oz) (13g) Fruit (3/4 c) (~20g)
Week 2	Baby Carrots (3/4 cup) (6g) Ranch (2 T) (4g) Rold Gold WG Heartzel Pretzels (0.7oz) (16g)	Kellogg's Tiger Bites (1oz) -Chocolate (20g) -Cinnamon (21g) -Original (21g) Fruit (3/4 c) (~20g)	WG Rice Krispies Treats (1.41 oz) -Original (30g) -Chocolatey Chip (34g) Fruit (3/4 c) (~20g)	Chex Mix Simply Chex (1 oz) -Cheddar (20g) -Chocolate Caramel (22g) -Strawberry Yogurt (23g) Fruit (3/4 c) (~20g)	Goldfish WG Baked Crackers (0.75oz) -Cheddar (14g) -Cheddar - Colors (14g) -Cheddar - Mickey Mouse (14g) -Cheddar -Xtra (14g) -French Toast (21g) -Pretzel (16g) Fruit (3/4 c) (~20g)

WG = whole grain

Carb grams are listed in parenthesis: (_g)

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

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

JAN 2024					FEB 2024					MAR 2024					APR 2024					MAY 2024					
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	4	5				1	2					1	1	2	3	4	5				1	2	3
8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	
15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	
22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	
29	30	31	26	27	28	29						29	30						27	28	29	30	31		

Menus subject to change.
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Pre-K

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Week 2	Cheez-It WG Crackers (0.75 oz) (14g) Fruit (1/2 c) (~15g)	Kellogg's Tiger Bites (1oz) -Chocolate (20g) -Cinnamon (21g) -Original (21g) Fruit (1/2 c) (~15g)	WG Rice Krispies Treats (1.41 oz) -Original (30g) -Chocolatey Chip (34g) Fruit (1/2 c) (~15g)	Chex Mix Simply Chex (1 oz) -Cheddar (20g) -Chocolate Caramel (22g) -Strawberry Yogurt (23g) Fruit (1/2 c) (~15g)	Goldfish WG Baked Crackers (0.75oz) -Cheddar (14g) -Cheddar - Colors (14g) -Cheddar - Mickey Mouse (14g) -Cheddar -Xtra (14g) -French Toast (21g) -Pretzel (16g) Fruit (1/2 c) (~15g)

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22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	
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