

WEEK 1
SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Please see side 2 for portion sizes

Fluid Milk	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up		
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt		Mozzarella sticks	Hard-boiled egg	Almond butter	Yogurt		
Grain/bread/cereal	Waffle			Toast Bread			
Vegetable		Cucumber					
Fruit	Banana		Apple		Strawberries		

WEEK 2
SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Please see side 2 for portion sizes

Fluid Milk	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up	Whole 12-23 months Skim or 1%-24 months and up		
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt	Cottage Cheese	Yogurt Smoothie	Hard-boiled egg	Ground Beef	Dried Beans		
Grain/bread/cereal			Crackers				
Vegetable		Avocado		Potato grill			
Fruit	Grapes				Banana		

WEEK 3
SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Please see side 2 for portion sizes

Fluid Milk	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up		
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt	Peanut butter	Raspberry Yogurt		Boiled egg	Sliced cheese		
Grain/bread/cereal	Soft pretzel	Granola bar	Wheat thins				
Vegetable				Carrots	Avocado		
Fruit			Mandarin oranges				

WEEK 4
SNACK - 2 OF THE 5 COMPONENTS REQUIRED

Please see side 2 for portion sizes

Fluid Milk	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up	Whole 12-23 months 1% 24 months and up		
Meat/poultry/fish or Cheese or Large egg or Peanut butter or Dried beans/peas or Yogurt	Chicken		Pinut butter	Cheese stick	Hardboiled egg		
Grain/bread/cereal	Rice	Maffin	waffle	Goldfish crackers			
Vegetable		Avocado					
Fruit					Strawberry		