4-Week Snack Cycle Menu

Shopping List

The list is based on 50 servings/day. Should your participation warrant serving changes, double for 100 servings or divide in half and add to original amount for 75 servings.

| Week 1 | Item | Amount |
| --- | --- | --- |
| Fruit |  |  |
|  | Applesauce | 2 gallons + 1 quart + 1 ½ cups |
|  | Grapes | 14 lb 5 oz |
|  | Pear | 50 each, sliced |
| Grains/Bread |  |  |
|  | Bagel | 25 each |
|  | Savory Snack Crackers | 2 lb 8 oz or approx. 350 circles |
|  | Tortilla Chips | 50 oz eq or approx. 400 chips |
| Dairy |  |  |
|  | Cheese Stick | 3 lb 2 oz or 50 - 1 oz sticks |
|  | Milk | 50 - ½ pints or 3 gallons + 2 cups |
|  | Yogurt | 12 lb 8 oz |
| Other |  |  |
|  | Jelly (optional) | 3 cups + 2 Tbsp |
|  | Peanut Butter | 1 qt + 2 ¼ cups |

| Week 2 | Item | Amount |
| --- | --- | --- |
| Fruit |  |  |
|  | 100% Fruit Juice | 2 gallons + 5 ½ cups |
|  | Orange | 63 each |
| Grains/Bread |  |  |
|  | Granola | 3 qt + ½ cup |
|  | Muffin | 50 each |
|  | Pita Bread | 25 each |
|  | Pretzel Sticks | 2 lb 8 oz or approx. 2000 each |
|  | Wheat Snack Crackers | 2 lb 8 oz or approx. 600 each |
| Dairy |  |  |
|  | Cheese Stick | 3 lb 2 oz or 50 - 1 oz sticks |
|  | Milk | 50 - ½ pints or 3 gallons + 2 cups |
|  | Yogurt | 12 lb 8 oz |

| Week 3 | Item | Amount |
| --- | --- | --- |
| Fruit |   |   |
|  | 100% Fruit Juice | 2 gallons + 5 ½ cups |
|  | Grapes | 14 lb 5 oz |
|  | Raisins (optional) | 6 ¼ cups |
|  | Strawberries | 14 lb 5 oz |
| Grains/Bread |   |   |
|  | Bagel | 25 each |
|  | Cereal, dry | 2 gallons + 5 ½ cups or 50 oz eq |
|  | Cheese Snack Crackers | 2 lb 8 oz or approx. 1200 each |
| Dairy |   |   |
|  | Cheese Stick | 3 lb 2 oz or 50 - 1 oz sticks |
|  | Milk | 50 - ½ pints or 3 gallons + 2 cups |
|  | Yogurt | 12 lb 8 oz |
| Other |   |   |
|  | Peanut Butter | 1 qt + 2 ¼ cups |

| Week 4 | Item | Amount |
| --- | --- | --- |
| Fruit |   |   |
|  | 100% Fruit Juice | 1 gallon + 2 qt + 1 cup |
|  | Apple | 50 each, sliced |
|  | Orange | 63 each |
| Vegetables |  |  |
|  | Baby Carrots | 3 lb 15 oz |
| Grains/Bread |  |  |
|  | Granola | 3 qt + ½ cup |
|  | Muffin | 50 each  |
|  | Pretzel Sticks | 2 lb 8 oz or approx. 2000 each |
|  | Savory Snack Crackers | 2 lb 8 oz or approx. 600 each |
| Dairy |   |   |
|  | Milk | 50 - ½ pints or 3 gallons + 2 cups |
|  | Yogurt | 12 lb 8 oz |
| Other |   |   |
|  | Peanut Butter | 1 qt + 2 ¼ cups |