

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