

★ GREAT BAY KIDS ★

SCHOOL AGE SUMMER MENU A FOR THE WEEK OF: 6/23-6/27, 7/21-7/25, 8/18-8/22, 9/15-9/19/2025

Breakfast

Component	Ages 6+	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk	1 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/2 Cup	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Cereal Bread	1 Cup 1 oz eq	WGR Cheerios	Chex Cereal	WGR Life Cereal	WGR Chocolate Rice Cakes	WGR Kix Cereal

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Snack

Fruit	3/4 Cup		Sliced Strawberries	Watermelon	Assorted Fresh Fruit	Assorted Fresh Fruit
Vegetable	3/4 Cup					
Grain Cereal	1 oz eq 1 Cup	WG Wheat Thins	WGR Biscuits	WGR Animal Crackers	Oatmeal Bar	WGR Cheese Crackers
Meat/Meat Alt	1 oz eq	American Cheese			Cheese Stick	

SCHOOL AGE SUMMER MENU B FOR THE WEEK OF: 6/30-7/4, 7/28-8/1, 8/25-8/29, 9/22-9/26/25

Breakfast

Component	Ages 6+	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk	1 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/2 Cup	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Cereal Bread	1 Cup 1 oz eq	WGR Kix Cereal	WGR Cheerios	WG Frosted Mini Wheats	WGR Corn Flakes	WGR Biscuits w/Jelly

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Snack

Fruit	3/4 Cup		Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Vegetable	3/4 Cup	Cucumbers with Dip				
Grain Cereal	1 oz eq 1 Cup	WGR Crackers	Oat & Honey Granola Bars	WGR Tortilla's with Salsa	Nutri-grain Bars	WG Smartfood Popcorn
Meat/Meat Alt	1 oz eq		Cheese Sticks		Cheese Sticks	

*Snack Includes 2 different components

*Fresh Fruit includes Apples, Bananas, Nectarines, Oranges, Peaches, Pears, Plums.

Great Bay Kids is an equal opportunity provider and employer.

WG = Whole Grain

WGR = Whole Grain Rich

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SCHOOL AGE SUMMER MENU C FOR THE WEEK OF: 7/7-7/11, 8/4-8/8, 9/1-9/5, 9/29-10/3/25

Breakfast

Component	Ages 6+	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk	1 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/2 Cup	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Cereal Bread	1 Cup 1 oz eq	WGR Life Cereal	WG Rice Cakes w/Sunbutter	Chex Cereal	WG Cinnamon Toast	WGR Cheerios

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Snack

Fruit	3/4 Cup	Watermelon	Assorted Fresh Fruit	Assorted Fresh Fruit		Assorted Fresh Fruit
Vegetable	3/4 Cup					
Grain Cereal	1 oz eq 1 Cup	WGR Graham Crackers	WGR Hard Pretzels with Dip	WG Chocolate Rice Cakes	WGR Ritz	Veggie Straws
Meat/Meat Alt	1 oz eq				American Cheese	String Cheese

SCHOOL AGE SUMMER MENU D FOR THE WEEK OF: 7/14-18, 8/11-8/15, 9/8-9/12/25

Breakfast

Component	Ages 6+	Monday	Tuesday	Wednesday	Thursday	Friday
1% Milk	1 Cup	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	1/2 Cup	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Cereal Bread	1 Cup 1 oz eq	WGR Kix Cereal	WG Frosted Mini Wheats	WG Corn Flakes Cereal	WGR Cheerios	WGR Biscuits w/Jelly

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

Snack

Fruit	3/4 Cup		Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Vegetable	3/4 Cup	Cucumbers w/Dip				
Grain Cereal	1 oz eq 1 Cup	WGR Goldfish	WG Smartfood Popcorn	WGR Cheddar Sun Chips	WGR Pita Bread with Hummus	WGR Chex Mix
Meat/Meat Alt	1 oz eq					

*Snack Includes 2 different components

*Fresh Fruit includes Apples, Bananas, Nectarines, Oranges, Peaches, Pears, Plums.

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