WASHINGTON GLOBAL PCS

November 2026

📋 Snack Upper

MON 2	TUE 3	WED 4	THU 5	FRI 6
No meal scheduled	*No meal scheduled*	100% Orange Tangerine Juice WG Tostitos	Vanilla Yogurt Fresh Apple	WG Banana Muffin 100% Fruit Punch Juice
MON 9	**TUE 10**	**WED 11**	**THU 12**	**FRI 13**
100% Orange Tangerine Juice WG Cheez-Its	WG Apple Cinnamon Muffin 100% Fruit Punch Juice	*No meal scheduled*	100% Orange Tangerine Juice Cheese Stick	100% Apple Juice WG Jungle Crackers
MON 16	**TUE 17**	**WED 18**	**THU 19**	**FRI 20**
WG Blueberry Muffin 100% Apple Juice	100% Orange Tangerine Juice WG Pretzels	Strawberry Banana Yogurt 100% Fruit Punch Juice	WG Honey Graham Crackers 100% Grape Juice	Cheese Stick Fresh Apple
MON 23	**TUE 24**	**WED 25**	**THU 26**	**FRI 27**
100% Orange Tangerine Juice WG Jungle Crackers	100% Fruit Punch Juice WG Sunchips	*No meal scheduled*	*No meal scheduled*	*No meal scheduled*
MON 30				
100% Fruit Punch Juice WG Pretzels				

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. • This institution is an equal opportunity provider, employer and lender. • We do not recommend medical decisions regarding dietary needs be solely based on the nutrition information provided. Always consult with the staff on site if you have any questions or concerns. Nutrition information is subject to change based on menu changes and product substitutions. • For support with dietary accommodations, please contact your local school for further assistance.

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📋 **Snack Upper**

MON 2

No meal scheduled

TUE 3

No meal scheduled

WED 4

100% Orange Tangerine Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 20mg · Total Carb 24g · Fiber 0g · Total Sugars 22g · Added Sugars 0g · Protein 0g · Calcium 30mg · Potassium 300mg

WG Tostitos
Calories 110 · Total Fat 2.5g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 125mg · Total Carb 19g · Fiber 2g · Total Sugars 0g · Protein 2g · Calcium 30mg · Iron 0.4mg

THU 5

Vanilla Yogurt
Calories 70 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 5mg · Sodium 70mg · Total Carb 12g · Fiber 0g · Total Sugars 9g · Added Sugars 5g · Protein 4g · Vitamin D 2mcg · Potassium 190mg

Fresh Apple
Calories 70 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 19g · Fiber 3g · Total Sugars 14g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 150mg

FRI 6

WG Banana Muffin
Calories 140 · Total Fat 3.5g · Sat Fat 0.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 105mg · Total Carb 25g · Fiber 1g · Total Sugars 13g · Added Sugars 12g · Protein 2g · Vitamin D 0mcg · Calcium 20mg · Iron 1mg · Potassium 55mg

100% Fruit Punch Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 25g · Fiber 0g · Total Sugars 23g · Added Sugars 0g · Protein 0g · Calcium 30mg

MON 9

100% Orange Tangerine Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 20mg · Total Carb 24g · Fiber 0g · Total Sugars 22g · Added Sugars 0g · Protein 0g · Calcium 30mg · Potassium 300mg

WG Cheez-Its
Calories 100 · Total Fat 3.5g · Sat Fat 1g · Trans Fat 0g · Cholesterol 5mg · Sodium 150mg · Total Carb 14g · Fiber 1g · Total Sugars 0g · Added Sugars 0g · Protein 2g

TUE 10

WG Apple Cinnamon Muffin
Calories 140 · Total Fat 4g · Sat Fat 0.5g · Trans Fat 0g · Cholesterol 20mg · Sodium 105mg · Total Carb 24g · Fiber 1g · Total Sugars 11g · Added Sugars 11g · Protein 3g · Vitamin D 0mcg · Calcium 20mg · Iron 1mg · Potassium 55mg

100% Fruit Punch Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 25g · Fiber 0g · Total Sugars 23g · Added Sugars 0g · Protein 0g · Calcium 30mg

WED 11

No meal scheduled

THU 12

100% Orange Tangerine Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 20mg · Total Carb 24g · Fiber 0g · Total Sugars 22g · Added Sugars 0g · Protein 0g · Calcium 30mg · Potassium 300mg

Cheese Stick
Calories 80 · Total Fat 6g · Sat Fat 3g · Cholesterol 20mg · Sodium 200mg · Total Carb 1g · Fiber 0g · Total Sugars 1g · Added Sugars 0g · Protein 6g · Vitamin D 0mcg · Calcium 220mg

FRI 13

100% Apple Juice
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 23g · Fiber 0g · Total Sugars 21g · Added Sugars 0g · Protein 0g · Calcium 10mg

WG Jungle Crackers
Calories 130 · Total Fat 4g · Sat Fat 0g · Cholesterol 0mg · Sodium 95mg · Total Carb 20g · Fiber less than 1g · Added Sugars 7g · Protein 2g · Calcium 140mg · Iron 0.8mg · Potassium 40mg

MON 16

WG Blueberry Muffin
Calories 140 · Total Fat 4g · Sat Fat 0.5g · Trans Fat 0g · Cholesterol 15mg · Sodium 100mg · Total Carb 24g · Fiber 1g · Total Sugars 12g · Added Sugars 11g · Protein 2g · Vitamin D 0mcg · Calcium 20mg · Iron 1mg · Potassium 50mg

100% Apple Juice
Calories 90 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 23g · Fiber 0g · Total Sugars 21g · Added Sugars 0g · Protein 0g · Calcium 10mg

TUE 17

100% Orange Tangerine Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 20mg · Total Carb 24g · Fiber 0g · Total Sugars 22g · Added Sugars 0g · Protein 0g · Calcium 30mg · Potassium 300mg

WG Pretzels
Calories 80 · Total Fat 1g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 200mg · Total Carb 16g · Fiber 2g · Total Sugars 0g · Protein 2g · Calcium 30mg · Iron 0.8mg · Potassium 120mg

WED 18

Strawberry Banana Yogurt
Calories 70 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol less than 5mg · Sodium 70mg · Total Carb 12g · Fiber 0g · Total Sugars 9g · Added Sugars 5g · Protein 4g · Vitamin D 2mcg · Calcium 130mg · Iron 0mg · Potassium 190mg

100% Fruit Punch Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 25g · Fiber 0g · Total Sugars 23g · Added Sugars 0g · Protein 0g · Calcium 30mg

THU 19

WG Honey Graham Crackers
Calories 120 · Total Fat 4g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 90mg · Total Carb 20g · Fiber 1g · Total Sugars 7g · Added Sugars 7g · Protein 2g · Vitamin D 0mcg · Calcium 140mg · Iron 0.8mg · Potassium 40mg

100% Grape Juice
Calories 130 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 20mg · Total Carb 33g · Fiber 0g · Total Sugars 31g · Added Sugars 0g · Protein 0g · Calcium 20mg

FRI 20

Cheese Stick
Calories 80 · Total Fat 6g · Sat Fat 3g · Cholesterol 20mg · Sodium 200mg · Total Carb 1g · Fiber 0g · Total Sugars 1g · Added Sugars 0g · Protein 6g · Vitamin D 0mcg · Calcium 220mg

Fresh Apple
Calories 70 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 0mg · Total Carb 19g · Fiber 3g · Total Sugars 14g · Protein 0g · Calcium 10mg · Iron 0.2mg · Potassium 150mg

MON 23

100% Orange Tangerine Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 20mg · Total Carb 24g · Fiber 0g · Total Sugars 22g · Added Sugars 0g · Protein 0g · Calcium 30mg · Potassium 300mg

WG Jungle Crackers
Calories 130 · Total Fat 4g · Sat Fat 0g · Cholesterol 0mg · Sodium 95mg · Total Carb 20g · Fiber less than 1g · Added Sugars 7g · Protein 2g · Calcium 140mg · Iron 0.8mg · Potassium 40mg

TUE 24

100% Fruit Punch Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 25g · Fiber 0g · Total Sugars 23g · Added Sugars 0g · Protein 0g · Calcium 30mg

WG Sunchips
Calories 140 · Total Fat 6g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 110mg · Total Carb 19g · Fiber 2g · Total Sugars 2g · Added Sugars 2g · Protein 2g

WED 25

No meal scheduled

THU 26

No meal scheduled

FRI 27

No meal scheduled

MON 30

100% Fruit Punch Juice
Calories 100 · Total Fat 0g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 10mg · Total Carb 25g · Fiber 0g · Total Sugars 23g · Added Sugars 0g · Protein 0g · Calcium 30mg

WG Pretzels
Calories 80 · Total Fat 1g · Sat Fat 0g · Trans Fat 0g · Cholesterol 0mg · Sodium 200mg · Total Carb 16g · Fiber 2g · Total Sugars 0g · Protein 2g · Calcium 30mg · Iron 0.8mg · Potassium 120mg

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