# Summer Sample Menu | 2026

Real Meals™ BY WHITSONS

| Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 | Meal 6 | Meal 7 |
|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | |
| Cocoa Cherry Nutrition Bar<br>Apple Sauce | Trix Cereal<br>Orange Tangerine Juice | Blueberry Lemon Bar<br>Dried Craisins | Cinnamon Toast Crunch Cereal<br>Very Berry Juice | Berry Apple Crisp Bar<br>Diced Pears<br>Fruit Cup | Cheerios Cereal<br>Fruit Punch Juice | Cinnamon French Toast Graham Snacks<br>Fruit Mix<br>Fruit Cup |
| **Lunch** | | | | | | |
| Cheddar Cup Cheese<br>Baked Scoops Tortilla Chips<br>Honey Roasted Sunflower Seeds<br>Salsa Dip Cup<br>Dried Craisins | Lemon Pepper Tuna Pouch<br>Cheez-It<br>Vegetable Green Beans Cup<br>Diced Pear Fruit Cup | Strawberry Yogurt<br>Roasted Sea Salt Chickpeas<br>Belly Bear Honey Grahams<br>Mix Fruit Cup<br>Apple Juice | Hummus<br>Pretzel<br>Mandarin Orange Fruit Cup<br>Grape Juice | Fava Bean Pizza Crisps<br>Savory Wheat Crackers<br>Dried Craisins<br>Orange Tangerine Juice | Bean Dip<br>Sunchips<br>Vegetable Corn Cup<br>Apple Sauce | Sunbutter Cream Grape Jelly Honey Graham Crackers<br>Vegetable Sun Splash Juice<br>Diced Peaches Fruit Cups |
| **Top 9 Allergen-Free Breakfast** | | | | | | |
| Multigrain Cheerios Cereal<br>Natural Apple Sauce | Cereal Trix<br>Orange Tangerine Juice | Cheerios Cereal<br>Dried Craisins | Honey Cheerios Cereal<br>Very Berry Juice | Multigrain Cheerios Cereal<br>Natural Apple Sauce | Cereal Trix<br>Orange Tangerine Juice | Cheerios Cereal<br>Dried Craisins |
| **Top 9 Allergen-Free Lunch** | | | | | | |
| Hummus Original cup<br>Tostitos Baked Scoops Tortilla Chips<br>Mandarin Orange Fruit Cup<br>Grape Juice | Bean Dip cup<br>Tostitos Baked Scoops Tortilla Chips<br>Green Beans Cup<br>Diced Pears Fruit Cup | Fava Bean Pizza Crisps<br>Tostitos Baked Scoops Tortilla Chips<br>Dried Craisins<br>Orange Tangerine Juice | Sunbutter Cream Grape Jelly Rice Chex<br>Sun Splash Vegetable Juice | Hummus Original cup<br>Tostitos Baked Scoops Tortilla Chips<br>Mandarin Orange Fruit Cup<br>Grape Juice | Bean Dip cup<br>Tostitos Baked Scoops Tortilla Chips<br>Green Beans Cup<br>Diced Pears Fruit Cup | Fava Bean Pizza Crisps<br>Tostitos Baked Scoops Tortilla Chips<br>Dried Craisins<br>Orange Tangerine Juice |

**1% Shelf Stable Milk included with regular breakfast and lunch meal kits.**

**All meal kits contents are subject to change based on item availability of products.**

WHITSONS® Culinary Group

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