

Breakfast

August 2023

WG – Whole Grain WW - Whole Wheat MG – Multi Grain



Montessori Academy of Arcadia

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>		<p>1 (WG) Waffles Pineapple Chunks Milk & Water</p>	<p>2 All Bran Wheat Cereal Banana Slices Milk & Water</p>	<p>3 (WG) Chex Cereal Mandarin Oranges Milk & Water</p>	<p>4 All Bran Wheat Cereal Banana Slices Milk & Water</p>	<p>5 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>6 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>7 Oatmeal Apple Sauce Milk & Water</p>	<p>8 (WG) Pancakes Peach Slices Milk & Water</p>	<p>9 (MG) Cheerio Cereal Pear Slices Milk & Water</p>	<p>10 English Muffins Mandarin Oranges Milk & Water</p>	<p>11 (WW) Bagel & Cream Cheese Orange Slices Milk & Water</p>	<p>12 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>13 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>14 (WG) French Toast Peaches Milk & Water</p>	<p>15 (WG) Waffles Pineapple Chunks Milk & Water</p>	<p>16 All Bran Wheat Cereal Banana Slices Milk & Water</p>	<p>17 (WG) Chex Cereal Mandarin Oranges Milk & Water</p>	<p>18 Vanilla Yogurt Peach Slices Milk & Water</p>	<p>19 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>20 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>21 Oatmeal Apple Sauce Milk & Water</p>	<p>22 (WG) Pancakes Pears Slices Milk & Water</p>	<p>23 (MG) Cheerio Cereal Pear Slices Milk & Water</p>	<p>24 English Muffins Mandarin Oranges Milk & Water</p>	<p>25 (WW) Bagel & Cream Cheese Orange Slices Milk & Water</p>	<p>26 Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>
<p>27 Size Servings Ages 1-2 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>	<p>28 (WG) French Toast Peaches Milk & Water</p>	<p>29 (WG) Waffles Pineapple Chunks Milk & Water</p>	<p>30 All Bran Wheat Cereal Banana Slices Milk & Water</p>	<p>31 (WG) Chex Cereal Mandarin Oranges Milk & Water</p>		<p>Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup</p>