



Montessori Academy of Arcadia

AM & PM Snack

January 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 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	3 Ritz Crackers & Cheese Apple Slices Juice & Water	4 Oatmeal Cookies Orange Slices Juice & Water	5 (WG) Cereal Mix Apple Sauce Juice & Water	6 (WG) Goldfish Crackers Banana Juice & Water	7 Vanilla Yogurt Peach Slices Juice & Water	8 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
9 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	10 Animal Crackers Apple Slices Juice & Water	11 (WW) Graham Crackers Orange Slices Juice & Water	12 (WG) Mini Bagels With Cream Cheese Banana Juice & Water	13 (WG) Soft Pretzels Sticks with Cheese Sauce Apple Slices Juice & Water	14 (WG) Saltine Crackers String Cheese Oranges Slices Juice & Water	15 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
16 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	17 Martin Luther King Jr. Day School Closed	18 Oatmeal Cookies Orange Slices Juice & Water	19 (WG) Cereal Mix Apple Sauce Juice & Water	20 (WG) Goldfish Crackers Banana Juice & Water	21 Vanilla Yogurt Peach Slices Juice & Water	22 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
23 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	24 Animal Crackers Apple Slices Juice & Water	25 (WW) Graham Crackers Orange Slices Juice & Water	26 (WG) Mini Bagels With Cream Cheese Banana Juice & Water	27 (WG) Soft Pretzels Sticks with Cheese Sauce Apple Slices Juice & Water	28 (WG) Saltine Crackers String Cheese Oranges Slices Juice & Water	29 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
30 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	31 Ritz Crackers & Cheese Apple Slices Juice & Water					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