

AM & PM Snack

July 2023



Montessori Academy of Arcadia

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

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>11 Ritz Crackers & Cheese Apple Slices Juice & Water</p>	<p>4 School Closed Independence Day</p>	<p>13 (WG) Cereal Mix Apple Sauce Juice & Water</p>	<p>Blueberry Bagel w/Cream Cheese Juice & Water</p>	<p>1 Vanilla Yogurt Peach Slices Juice & Water</p>	<p>2 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>3 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>18 Wheat Crackers Mandarin Oranges Juice & Water</p>	<p>5 Graham Crackers Orange Slices Juice & Water</p>	<p>6 (WG) Mini Bagels With Cream Cheese Banana Juice & Water</p>	<p>21 (WG) Cereal Mix Apple Sauce Juice & Water</p>	<p>8 (WG) Multi Grain Crackers String Cheese Oranges Slices Juice & Water</p>	<p>9 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>10 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>11 Ritz Crackers & Cheese Apple Slices Juice & Water</p>	<p>12 Oatmeal Cookies Orange Slices Juice & Water</p>	<p>13 (WG) Cereal Mix Apple Sauce Juice & Water</p>	<p>14 (WG) Goldfish Crackers Banana Juice & Water</p>	<p>15 Vanilla Yogurt Peach Slices Juice & Water</p>	<p>16 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>17 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>18 Animal Crackers Apple Slices Juice & Water</p>	<p>19 Graham Crackers Orange Slices Juice & Water</p>	<p>20 (WG) Mini Bagels With Cream Cheese Banana Juice & Water</p>	<p>21 (WG) Cereal Mix Apple Sauce Juice & Water</p>	<p>22 (WG) Multi Grain Crackers String Cheese Oranges Slices Juice & Water</p>	<p>23 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>24 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>25 Ritz Crackers & Cheese Apple Slices Juice & Water</p>	<p>26 Whole Grain Cookies Orange Slices Juice & Water</p>	<p>27 (WG) Cereal Mix Apple Sauce Juice & Water</p>	<p>28 (WG) Goldfish Crackers Banana Juice & Water</p>	<p>29 Vanilla Yogurt Peach Slices Juice & Water</p>	<p>30 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>31</p>						