

Breakfast

November 2022



Montessori Academy of Arcadia

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
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		(WG) Waffles Pineapple Chunks Milk & Water	All Bran Wheat Cereal Banana Slices Milk & Water	(WG) Chex Cereal Mandarin Oranges Milk & Water	(WG) Croissant & Jelly Apple Sauce Milk & 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
6	7	8	9	10	11	12
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	Oatmeal Apple Sauce Milk & Water	(WG) Pancakes Peach Slices Milk & Water	(MG) Cheerio Cereal Pear Slices Milk & Water	English Muffins Mandarin Oranges Milk & Water	Veterans Day School Closed	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
13	14	15	16	17	18	19
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	(WG) French Toast Peaches Milk & Water	(WG) Waffles Pineapple Chunks Milk & Water	All Bran Wheat Cereal Banana Slices Milk & Water	(WG) Chex Cereal Mandarin Oranges Milk & Water	(WG) Croissant & Jelly Apple Sauce Milk & 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
20	21	22	23	24	25	26
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	Oatmeal Apple Sauce Milk & Water	(WG) Pancakes Pears Slices Milk & Water	(MG) Cheerio Cereal Pear Slices Milk & Water	Thanksgiving Day School Closed	Day After Thanksgiving School Closed	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
27	28	29	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	(WG) French Toast Peaches Milk & Water	(WG) Waffles Pineapple Chunks Milk & Water	All Bran Wheat Cereal Banana Slices Milk & 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