

Breakfast

October 2022



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>3 WG) French Toast Peaches Milk & Water</p>	<p>4 (WG) Waffles Pineapple Chunks Milk & Water</p>	<p>5 All Bran Wheat Cereal Banana Slices Milk & Water</p>	<p>6 (WG) Chex Cereal Mandarin Oranges Milk & Water</p>	<p>7 (WG) Croissant & Jelly Apple Sauce Milk & Water</p>	<p>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</p>
<p>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</p>	<p>10 Oatmeal Apple Sauce Milk & Water</p>	<p>11 (WG) Pancakes Peach Slices Milk & Water</p>	<p>12 (MG) Cheerio Cereal Pear Slices Milk & Water</p>	<p>13 English Muffins Mandarin Oranges Milk & Water</p>	<p>14 (WW) Bagel & Cream Cheese Orange Slices Milk & Water</p>	<p>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</p>
<p>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</p>	<p>17 WG) French Toast Peaches Milk & Water</p>	<p>18 (WG) Waffles Pineapple Chunks Milk & Water</p>	<p>19 All Bran Wheat Cereal Banana Slices Milk & Water</p>	<p>20 (WG) Chex Cereal Mandarin Oranges Milk & Water</p>	<p>21 (WG) Croissant & Jelly Apple Sauce Milk & Water</p>	<p>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</p>
<p>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</p>	<p>24 Oatmeal Apple Sauce Milk & Water</p>	<p>25 (WG) Pancakes Pears Slices Milk & Water</p>	<p>26 (MG) Cheerio Cereal Pear Slices Milk & Water</p>	<p>27 English Muffins Mandarin Oranges Milk & Water</p>	<p>28 (WW) Bagel & Cream Cheese Orange Slices Milk & Water</p>	<p>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</p>
<p>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</p>	<p>31 WG) French Toast Peaches 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>