

# AM & PM Snack

# October 2022



Montessori Academy of Arcadia

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>3</p> <p>Ritz Crackers &amp; Cheese Apple Slices Juice &amp; Water</p>	<p>4</p> <p>Oatmeal Cookies Orange Slices Juice &amp; Water</p>	<p>5</p> <p>(WG) Cereal Mix Apple Sauce Juice &amp; Water</p>	<p>6</p> <p>(WG) Goldfish Crackers Banana Juice &amp; Water</p>	<p>7</p> <p>Vanilla Yogurt Peach Slices Juice &amp; Water</p>	<p>8</p> <p>Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>9</p> <p>Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>10</p> <p>Animal Crackers Apple Slices Juice &amp; Water</p>	<p>11</p> <p>(WW) Graham Crackers Orange Slices Juice &amp; Water</p>	<p>12</p> <p>(WG) Mini Bagels With Cream Cheese Apple Slices Juice &amp; Water</p>	<p>13</p> <p>(WW) Wheat Thins Banana Juice &amp; Water</p>	<p>14</p> <p>(WG) Saltine Crackers String Cheese Oranges Slices Juice &amp; Water</p>	<p>15</p> <p>Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>16</p> <p>Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>17</p> <p>Ritz Crackers &amp; Cheese Apple Slices Juice &amp; Water</p>	<p>18</p> <p>Oatmeal Cookies Orange Slices Juice &amp; Water</p>	<p>19</p> <p>(WG) Cereal Mix Apple Sauce Juice &amp; Water</p>	<p>20</p> <p>(WG) Goldfish Crackers Banana Juice &amp; Water</p>	<p>21</p> <p>Vanilla Yogurt Peach Slices Juice &amp; Water</p>	<p>22</p> <p>Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>23</p> <p>Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>24</p> <p>Animal Crackers Apple Slices Juice &amp; Water</p>	<p>25</p> <p>(WW) Graham Crackers Orange Slices Juice &amp; Water</p>	<p>26</p> <p>(WG) Mini Bagels With Cream Cheese Apple Slices Juice &amp; Water</p>	<p>27</p> <p>(WW) Wheat Thins Banana Juice &amp; Water</p>	<p>28</p> <p>(WG) Saltine Crackers String Cheese Oranges Slices Juice &amp; Water</p>	<p>29</p> <p>Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p>30</p> <p>Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p>31</p> <p>Ritz Crackers &amp; Cheese Apple Slices Juice &amp; Water</p>					<p>Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>

