

AM & PM Snack

July 2026

(WGR)–Whole Grain (WW)–Whole Wheat (MGR) – Multi Grain



PRIMANTI MONTESSORI ACADEMY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	**This institution is an equal opportunity Provider**	Free Meal modifications are available upon request for participants with disabilities	1 (WGR) Cereal Mix Apple Sauce Graham Crackers Juice and Water	2 (WGR) Goldfish Crackers Banana Cheese-It Crackers Juice & Water	3 School Closed Independence Day	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	6 (WGR) Pretzel Infants Goldfish Crackers Apple Sauce Cheese-It Crackers Juice and Water	7 (WW) Mini Bagel & Cream Cheese Apple Slices Ritz Crackers Juice and Water	8 Graham Crackers Banana Saltine Crackers Juice and Water	9 (WW) Wheat Crackers Orange Slices String Cheese Juice and Water	10 Vanilla Yogurt Mandarin Oranges Goldfish Crackers Juice and Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	13 Ritz Crackers & Cheese Slices Apple Slices Goldfish Crackers Juice and Water	14 (WGR) Cheez-It Crackers Mandarin Oranges Mini-Pretzels Juice and Water	15 (WGR) Cereal Mix Apple Sauce Graham Crackers Juice and Water	16 (WGR) Goldfish Crackers Banana Cheese-It Crackers Juice & Water	17 (WW) Whole Wheat Crackers Orange Slices Animal Crackers Juice and Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	20 (WGR) Pretzel Infants Goldfish Crackers Apple Sauce Cheese-It Crackers Juice and Water	21 (WW) Mini Bagel & Cream Cheese Apple Slices Ritz Crackers Juice and Water	22 Graham Crackers Banana Saltine Crackers Juice and Water	23 (WW) Wheat Crackers Orange Slices String Cheese Juice and Water	24 Vanilla Yogurt Mandarin Oranges Goldfish Crackers Juice and Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	27 Ritz Crackers & Cheese Slices Apple Slices Goldfish Crackers Juice and Water	28 (WGR) Cheez-It Crackers Mandarin Oranges Mini-Pretzels Juice and Water	29 (WGR) Cereal Mix Apple Sauce Graham Crackers Juice and Water	30 (WGR) Goldfish Crackers Banana Cheese-It Crackers Juice & Water	31 (WW) Whole Wheat Crackers Orange Slices Animal Crackers Juice and Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ¼ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup ½ Cup ¾ Cup ⅛ Cup