

# AM & PM Snack

# June 2026



(WGR)-Whole Grain (WW)-Whole Wheat

(MGR) - Multi Grain

PRIMANTI MONTESSORI ACADEMY

| Sunday                                                                                                                                                                          | Monday                                                                                                                           | Tuesday                                                                                            | Wednesday                                                                                                      | Thursday                                                                                                                                                                                                                  | Friday                                                                                           | Saturday                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein -1 Ounce/4 Ounces<br>Vegetables ½ Cup, 2 tbsp<br>Fruit ½ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>1</b><br>Ritz Crackers &<br>Cheese Slices<br>Apple Slices<br>Goldfish Crackers<br>Juice and Water                             | <b>2</b><br>(WGR) Cheez-It<br>Crackers<br>Mandarin Oranges<br>Mini-Pretzels<br>Juice and Water     | <b>3</b><br>(WGR) Cereal Mix<br>Apple Sauce<br>Graham Crackers<br>Juice and Water                              | <b>4</b><br>(WGR) Goldfish<br>Crackers<br>Banana<br>Saltine Crackers<br>Juice and Water                                                                                                                                   | <b>5</b><br>(WW)Whole Wheat<br>Crackers<br>Orange Slices<br>Animal Crackers<br>Juice and Water   | <b>Size Servings Ages 3-5</b><br>4 Fluid Ounces 1% milk<br>Protein ½ Ounce 2 Ounces<br>½ Cup, ¼ Cup, 1 Tbsp<br>Vegetables/Fruit ½ Cup<br>Grains ½ Slice/Serving<br>¼ Cup ½ Cup ¾ Cup ⅛ Cup |
| <b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein -1 Ounce/4 Ounces<br>Vegetables ½ Cup, 2 tbsp<br>Fruit ½ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>8</b><br>(WGR) Pretzel<br><b>Infants Goldfish</b><br><b>Crackers</b><br>Apple Sauce<br>Cheese-It C rackers<br>Juice and Water | <b>9</b><br>(WW) Mini Bagel &<br>Cream Cheese<br>Apple Slices<br>Ritz Crackers<br>Juice and Water  | <b>10</b><br>Graham Crackers<br>Banana<br>Saltine Crackers<br>Juice and Water                                  | <b>11</b><br>(WW) Wheat Crackers<br>String Cheese<br>Banana<br>Cereal Mix<br>Juice and Water                                                                                                                              | <b>12</b><br>Vanilla Yogurt<br>Mandarin Oranges<br>String Cheese<br>Juice and Water              | <b>Size Servings Ages 3-5</b><br>4 Fluid Ounces 1% milk<br>Protein ½ Ounce 2 Ounces<br>½ Cup, ¼ Cup, 1 Tbsp<br>Vegetables/Fruit ½ Cup<br>Grains ½ Slice/Serving<br>¼ Cup ½ Cup ¾ Cup ⅛ Cup |
| <b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein -1 Ounce/4 Ounces<br>Vegetables ½ Cup, 2 tbsp<br>Fruit ½ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>15</b><br>Ritz Crackers &<br>Cheese Slices<br>Apple Slices<br>Goldfish Crackers<br>Juice and Water                            | <b>16</b><br>(WGR) Cheez-It<br>Crackers<br>Mandarin Oranges<br>Mini-Pretzels<br>Juice and Water    | <b>17</b><br>(WGR) Cereal Mix<br>Apple Sauce<br>Graham Crackers<br>Juice and Water                             | <b>18</b><br>(WGR) Goldfish<br>Crackers<br>Banana<br>Saltine Crackers<br>Juice and Water                                                                                                                                  | <b>19</b><br>(WW) Whole Wheat<br>Crackers<br>Orange Slices<br>Animal Crackers<br>Juice and Water | <b>Size Servings Ages 3-5</b><br>4 Fluid Ounces 1% milk<br>Protein ½ Ounce 2 Ounces<br>½ Cup, ¼ Cup, 1 Tbsp<br>Vegetables/Fruit ½ Cup<br>Grains ½ Slice/Serving<br>¼ Cup ½ Cup ¾ Cup ⅛ Cup |
| <b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein -1 Ounce/4 Ounces<br>Vegetables ½ Cup, 2 tbsp<br>Fruit ½ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>22</b><br>(WGR) Pretzel<br><b>Infants Goldfish</b><br><b>Crackers</b><br>Apple Sauce<br>Cheese-It Crackers<br>Juice and Water | <b>23</b><br>(WW) Mini Bagel &<br>Cream Cheese<br>Apple Slices<br>Ritz Crackers<br>Juice and Water | <b>24</b><br>Graham Crackers<br>Banana<br>Saltine Crackers<br>Juice and Water                                  | <b>25</b><br>(WW) Wheat Crackers<br>String Cheese<br>Banana<br>Cereal Mix<br>Juice and Water                                                                                                                              | <b>26</b><br>Vanilla Yogurt<br>Mandarin Oranges<br>String Cheese<br>Juice and Water              | <b>Size Servings Ages 3-5</b><br>4 Fluid Ounces 1% milk<br>Protein ½ Ounce 2 Ounces<br>½ Cup, ¼ Cup, 1 Tbsp<br>Vegetables/Fruit ½ Cup<br>Grains ½ Slice/Serving<br>¼ Cup ½ Cup ¾ Cup ⅛ Cup |
| <b>Size Servings Ages 1-2</b><br>4 Fluid Ounces Whole Milk<br>Protein -1 Ounce/4 Ounces<br>Vegetables ½ Cup, 2 tbsp<br>Fruit ½ Cup, 2 tbsp<br>Grains - ½ Slice/Serving<br>¼ Cup | <b>29</b><br>Ritz Crackers &<br>Cheese Slices<br>Apple Slices<br>Goldfish Crackers<br>Juice and Water                            | <b>30</b><br>(WGR) Cheez-It<br>Crackers<br>Mandarin Oranges<br>Mini-Pretzels<br>Juice and Water    | <b>**This institution is an<br/>                     equal opportunity<br/>                     Provider**</b> | <b>Free Meal<br/>                     modifications are<br/>                     available upon<br/>                     request for<br/>                     participants with<br/>                     disabilities</b> |                                                                                                  | <b>Size Servings Ages 3-5</b><br>4 Fluid Ounces 1% milk<br>Protein ½ Ounce 2 Ounces<br>½ Cup, ¼ Cup, 1 Tbsp<br>Vegetables/Fruit ½ Cup<br>Grains ½ Slice/Serving<br>¼ Cup ½ Cup ¾ Cup ⅛ Cup |