

AM & PM Snack

March 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	2 Ritz Crackers & Cheese Slices Apple Slices Saltine Crackers Juice and Water	3 (WGR) Wheat Thins Mandarin Oranges Graham Crackers Juice and Water	4 (WGR) Cereal Mix Apple Sauce Animal Crackers Juice and Water	5 (WGR) Goldfish Crackers Banana Cheese-It Crackers Juice and Water	6 (WW)Whole Wheat Crackers Orange Slices Saltine 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	9 (WGR) Goldfish Crackers Apple Sauce Cheese-It Crackers Juice and Water	10 (WW) Mini Bagel & Cream Cheese Apple Slices Saltine Crackers Juice and Water	11 Graham Crackers Banana Ritz Crackers Juice and Water	12 (WW) Wheat Crackers Orange Slices String Cheese Juice and Water	13 Vanilla Yogurt Mandarin Oranges Mini-Pretzels 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	16 (WGR) Ritz Crackers & Cheese Slices Apple Slices Saltine Crackers Juice and Water	17 (WGR) Wheat Thins Mandarin Oranges Graham Crackers Juice and Water	18 (WGR) Cereal Mix Apple Sauce Animal Crackers Juice and Water	19 (WGR) Goldfish Crackers Banana Cheese-It Crackers Juice and Water	20 (WW)Whole Wheat Crackers Orange Slices Saltine 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	23 (WGR) Goldfish Crackers Apple Sauce Cheese-It Crackers Juice and Water	24 (WW) Mini Bagel & Cream Cheese Apple Slices Saltine Crackers Juice and Water	25 Graham Crackers Banana Ritz Crackers Juice and Water	26 (WW) Wheat Crackers Orange Slices String Cheese Juice and Water	27 Vanilla Yogurt Mandarin Oranges Mini-Pretzels 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	30 (WGR) Ritz Crackers & Cheese Slices Apple Slices Saltine Crackers Juice and Water	31 (WGR) Wheat Thins Mandarin Oranges Graham 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