

AM & PM Snack

October 2026



PRIMANTI MONTESSORI ACADEMY

WGR–Whole Grain Rich

WW–Whole Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				1 (WGR) Goldfish Crackers Banana Cheese-It Crackers Water	2 Vanilla Yogurt Peach Slices String Cheese Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ 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 ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	5 (WW)Wheat Crackers Apple Slices Goldfish Crackers Water	6 (WGR) Wheat Thins & Cheese Cubes Orange Slices Ritz Crackers Water	7 (WGR) Mini Bagels with Cream Cheese Banana Saltine Crackers Water	8 (WGR) Bran Muffin Apple Sauce String Cheese Water	9 (WGR) Wheat Crackers Oranges Slices Animal Crackers Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ 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 ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	12 (WW) Ritz Crackers & Cheese Apple Slices Saltine Crackers Water	13 Graham Crackers Orange Slices Mini-Pretzels Water	14 (WGR) Cereal Mix Apple Sauce Animal Crackers Water	15 (WGR) Goldfish Crackers Banana Cheese-It Crackers Water	16 Vanilla Yogurt Peach Slices String Cheese Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ 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 ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 (WW) Wheat Crackers Apple Slices Goldfish Crackers Water	20 (WGR) Wheat Thins & Cheese Orange Slices Ritz Crackers Water	21 (WGR) Mini Bagels with Cream Cheese Banana Saltine Crackers Water	22 (WGR) Bran Muffin Apple Sauce String Cheese Water	23 (WGR) Wheat Crackers Orange Slices Animal Crackers Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ 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 ¼ Cup, 2 tbsp Fruit ⅛ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Ritz Crackers & Cheese Apple Slices Saltine Crackers Water	27 Graham Crackers Orange Slices Mini Pretzels Water	28 (WGR) Cereal Mix Apple Sauce Animal Crackers Water	29 (WGR) Goldfish Crackers Banana Cheese-It Crackers Water	30 Vanilla Yogurt Peach Slices String Cheese Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup