

AM & PM Snack

September 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 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup		1 (WGR) Cheez-It Crackers Mandarin Oranges Mini-Pretzels Juice and Water	2 (WGR) Cereal Mix Apple Sauce Saltine Crackers Water	3 (WGR) Goldfish Crackers Banana String Cheese Juice and Water	4 (WW)Whole Wheat Crackers Orange Slices Ritz Crackers Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	7 Labor Day School Closed	8 (WW) Mini Bagel & Cream Cheese Apple Slices Ritz Crackers Water	9 Graham Crackers Orange Slices Whole Wheat Crackers Juice and Water	10 (WW) Wheat Crackers Banana Cheese-It Crackers Water	11 Vanilla Yogurt Mandarin Oranges Animal Crackers Juice and Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	14 Ritz Crackers & Cheese Slices Apple Slices Goldfish Crackers Water	15 (WGR) Cheez-It Crackers Mandarin Oranges Mini-Pretzels Juice and Water	16 (WGR) Cereal Mix Apple Sauce Saltine Cracker Water	17 (WGR) Goldfish Crackers Banana String Cheese Juice and Water	18 (WW) Whole Wheat Crackers Orange Slices Ritz Crackers Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	21 (WGR) Pretzel Infants Goldfish Crackers Apple Sauce Cheese-It Crackers Juice and Water	22 (WW) Mini Bagel & Cream Cheese Apple Slices Ritz Crackers Water	23 Graham Crackers Orange Slices Whole Wheat Cracker Juice and Water	24 (WW) Wheat Crackers Banana Cheese-It Crackers Water	25 Vanilla Yogurt Mandarin Oranges Animal Crackers Juice and Water	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables 1/8 Cup, 2 tbsp Fruit 1/8 Cup, 2 tbsp Grains - 1/2 Slice/Serving 1/4 Cup	28 Ritz Crackers & Cheese Slices Apple Slices Goldfish Crackers Water	29 (WGR) Cheez-It Crackers Mandarin Oranges Mini-Pretzels Juice and Water	30 (WGR) Cereal Mix Apple Sauce Saltine Cracker Water	**This institution is an equal opportunity Provider**	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 4 Fluid Ounces 1% milk Protein 1/2 Ounce 2 Ounces 1/2 Cup, 1/8 Cup, 1 Tbsp Vegetables/Fruit 1/2 Cup Grains 1/2 Slice/Serving 1/4 Cup 1/2 Cup 3/4 Cup 1/8 Cup