

The Academy at Manhattan Beach – September 2021

What's on the Menu?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Morning Rice Cake Sun Butter Afternoon Tortilla, Sun Butter Banana	2 Morning Oatmeal Blueberries Afternoon Pretzels Cheese	3 Morning Yogurt Granola Afternoon Nutrigrain Bar
6 Morning Cheerios Fruit Afternoon Pretzels Dried Mango	7 Morning Crunchy Rice Roller Peaches Afternoon Wheat Crackers Applesauce	8 Morning Oatmeal Fruit Afternoon Snap Pea Chips Crasins	9 Morning Pita Chips Raisins Afternoon Wheat Thins Cucumber w. Ranch Dressing	10 Morning Sweet Potato Crackers Fruit Afternoon Crispix Cereal Fruit
13 Morning Rice Cake Applesauce Afternoon Sweet Potato Crackers Watermelon	14 Morning Bagel Cream Cheese Afternoon Pretzels Hummus	15 Morning Oatmeal w/ Cinnamon Afternoon Wheat Thins Pears	16 Morning Corn Muffin Raspberries Afternoon Bean & Veggie Crackers Cucumbers w. Ranch	17 Morning Pita Chips Peaches Afternoon Wheat Thins Raisins
20 Morning Tortilla w/ Sun Butter Banana Afternoon Graham Crackers Fruit	21 Morning Yogurt Granola Afternoon Rice Cake Apricots	22 Morning Toast Jelly Afternoon Apples Sunbutter	23 Morning Sweet Potato Crackers Crasins Afternoon Snap Pea Chips Berries	24 Morning Bagel Cream Cheese Afternoon Wheat Crackers Hummus
27 Morning Cheerios Mango Afternoon Pita Chips Hummus	28 Morning Graham Crackers Mixed Berries Afternoon Nutrigrain Bars	29 Morning Chex Mix Raisins Afternoon Rice Cake Sunbutter	30 Morning Veggie & Bean Crackers Pears Afternoon Wheat Crackers Applesauce	

