

October



The Academy at Manhattan Beach



Monday	Tuesday	Wednesday	Thursday	Friday
	1 **Morning** Multigrain Bread, Sun Butter & Blueberries **Afternoon** Yogurt, Granola & Blueberries	2 **Morning** Oatmeal Blueberries **Afternoon** Apple Sauce Wheat Crackers	3 **Morning** Hummus, Shredded Carrots & Tortilla **Afternoon** Avocado Multigrain Bread	4 **Morning** Oatmeal Strawberries **Afternoon** Rice Cake Apple Sauce
7 **Morning** Avocado Tortilla **Afternoon** Mozzarella Cheese Wheat Crackers	8 **Morning** Yogurt, Granola & Strawberries **Afternoon** Hummus Wheat Crackers	9 **Morning** Hummus, Shredded Carrots & Tortilla **Afternoon** Banana, Sun Butter & Tortilla	10 **Morning** Banana, Sun Butter & Crackers **Afternoon** Wheat Crackers Mozzarella Cheese	11 **Morning** Avocado Multigrain Bread **Afternoon** Banana, Sun Butter & Tortilla
14 **Morning** Yogurt, Granola & Blueberries **Afternoon** Multigrain Bread, Banana & Sun Butter	15 **Morning** Oatmeal Strawberries **Afternoon** Hummus Wheat Crackers	16 **Morning** Apples, Sun Butter & Rice Cake **Afternoon** Avocado Whole Grain Tortilla	17 **Morning** Yogurt, Granola & Blueberries **Afternoon** Mozzarella Cheese Wheat Crackers	18 **Morning** Hummus, Shredded Carrots & Tortilla **Afternoon** Apples, Sun Butter & Crackers
21 **Morning** Oatmeal Blueberries **Afternoon** Apples, Sun Butter & Crackers	22 **Morning** Yogurt, Granola & Mango **Afternoon** Rice Cake Apple Sauce	23 **Morning** Apples, Sun Butter & Crackers **Afternoon** Hummus, Shredded Carrots & Tortilla	24 **Morning** Banana, Sun Butter & Tortilla **Afternoon** Mozzarella Cheese Wheat Crackers	25 **Morning** Avocado Whole Grain Tortilla **Afternoon** Multigrain Bread, Banana & Sun Butter
28 **Morning** Yogurt, Granola & Mango **Afternoon** Apples, Sun Butter & Crackers	29 **Morning** Oatmeal Strawberries **Afternoon** Hummus Wheat Crackers	30 **Morning** Avocado Whole Grain Tortilla **Afternoon** Apples, Sun Butter & Rice Cake	31 **Morning** Wheat Crackers Mozzarella Cheese **Afternoon** Rice Cake Apple Sauce	

Special Notes

Water is available to students at all times.

Snack menu is subject to change based on availability.

Serving Sizes

Oatmeal	½ c.
Wheat Crackers	6
Multigrain Bread	½ Slice
Whole Grain Tortilla	1
Granola	¼ c
Bananas	½ c
Strawberries	½ c
Blueberries	½ c
Mango	½ c
Broccoli	½ c
Apple Slices	3
Avocado	½ c
Apple Sauce	½ c
Hummus	¼ c
Sun Butter	1 tbsp
Yogurt	½ c.
Cheese	1