

**Snack Menu**

The Academy at Manhattan Beach

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1MorningCheeriosBananaAfternoonWheat CrackersCheese | **2** MorningBagelCream CheeseAfternoonGraham Crackers Apple Sauce | 3 MorningCorn FlakesBananaAfternoonYogurtMixed Fruit | 4 MorningGraham CrackersApple SauceAfternoonOyster CrackersRaisins |
| 7 MorningYogurtBananaAfternoonCheeriosRaisins | 8 MorningCheeriosPineappleAfternoonOyster CrackersCheese | 9 MorningCorn FlakesBananaAfternoonYogurtMixed Fruit | 10 MorningGraham CrackersApple SauceAfternoonWheat CrackersRaisins | 11 MorningBagelCream CheeseAfternoonGraham CrackersBanana |
| 14 MorningBagel Cream CheeseAfternoonOyster CrackersRaisins | 15 MorningYogurtMixed FruitAfternoonCheeriosPineapple | 16 MorningGraham CrackersRaisinsAfternoonOyster CrackersApple Sauce | 17 MorningCheerios PearsAfternoonWheat CrackersCheese | 18 MorningCorn FlakesMandarin OrangesAfternoon Graham Crackers Apple Sauce  |
| 21 MorningCorn FlakesPineappleAfternoonGraham CrackersApple Sauce | 22 MorningBagelCream CheeseAfternoonOyster Crackers Raisins | 23 MorningYogurtMixed FruitAfternoonCheeriosPineapple | 24 MorningGraham CrackersApple SauceAfternoonWheat CrackersCheese | 25 MorningOyster Crackers RaisinsAfternoonYogurtMixed Fruit |
| 28 MorningGraham CrackersRaisinsAfternoonWheat CrackersCheese | 29 MorningCheeriosPearsAfternoonYogurtMixed Fruit | 30 MorningBagelCream CheeseAfternoonOyster CrackersMandarin Oranges  |  |  |

Special Notes

Water is available to students at all times.

Snack menu is subject to change based on availability.

Serving Sizes

Wheat Crackers 6

Oyster Crackers ½ c

Graham Crackers 3

Bagel 1

Cheerios 1 c

Corn Flakes 1c

Banana

Apple Sauce ½ c

Mandarin Oranges ½ c

Pears ½ c

Pineapple ½ c

Mixed Fruit ½ c

Cream Cheese 1 tbsp

Yogurt ½ c.

Cheese 1