

**Snack Menu**

The Academy at Manhattan Beach

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1Morning  Cheerios  Banana  Afternoon  Wheat Crackers  Cheese | **2** Morning  Bagel  Cream Cheese  Afternoon  Graham Crackers  Apple Sauce | 3 Morning  Corn Flakes  Banana  Afternoon  Yogurt  Mixed Fruit | 4 Morning  Graham Crackers  Apple Sauce  Afternoon  Oyster Crackers  Raisins |
| 7 Morning  Yogurt  Banana  Afternoon  Cheerios  Raisins | 8 Morning  Cheerios  Pineapple  Afternoon  Oyster Crackers  Cheese | 9 Morning  Corn Flakes  Banana  Afternoon  Yogurt  Mixed Fruit | 10 Morning  Graham Crackers  Apple Sauce  Afternoon  Wheat Crackers  Raisins | 11 Morning  Bagel  Cream Cheese  Afternoon  Graham Crackers  Banana |
| 14 Morning  Bagel  Cream Cheese  Afternoon  Oyster Crackers  Raisins | 15 Morning  Yogurt  Mixed Fruit  Afternoon  Cheerios  Pineapple | 16 Morning  Graham Crackers  Raisins  Afternoon  Oyster Crackers  Apple Sauce | 17 Morning  Cheerios  Pears  Afternoon  Wheat Crackers  Cheese | 18 Morning  Corn Flakes  Mandarin Oranges  Afternoon  Graham Crackers  Apple Sauce |
| 21 Morning  Corn Flakes  Pineapple  Afternoon  Graham Crackers  Apple Sauce | 22 Morning  Bagel  Cream Cheese  Afternoon  Oyster Crackers  Raisins | 23 Morning  Yogurt  Mixed Fruit  Afternoon  Cheerios  Pineapple | 24 Morning  Graham Crackers  Apple Sauce  Afternoon  Wheat Crackers  Cheese | 25 Morning  Oyster Crackers  Raisins  Afternoon  Yogurt  Mixed Fruit |
| 28 Morning  Graham Crackers  Raisins  Afternoon  Wheat Crackers  Cheese | 29 Morning  Cheerios  Pears  Afternoon  Yogurt  Mixed Fruit | 30 Morning  Bagel  Cream Cheese  Afternoon  Oyster Crackers  Mandarin 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