

## The Academy at Manhattan Beach – July 2021

## What's on the Menu?

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1	2
Closed	for Summ	er Break	
6 Morning Snap Peas Raisins Afternoon Crunchy Rice Roller Strawberries	7 Morning Nutrigrain Bar Afternoon Rice Cake Sun Butter	8 Morning Veggie Chips Craisins Afternoon Toast Cucumbers w. Hummus	9 Morning Oatmeal Fruit Afternoon Bean & Veggie Crackers Cucumbers with Ranch
13 Morning Bagel Cream Cheese Afternoon Crispix Cereal Mango	14 Morning Cheerios Apples Afternoon Wheat Thins Pears	15 Morning Pretzels Cheddar Cubes Afternoon Tortilla w. Sun Butter Fruit	16 <b>Morning</b> Pita Chips Peaches <b>Afternoon</b> Wheat Thins Craisins
20 <b>Morning</b> Yogurt Granola Afternoon Crunchy Rice Roller Apricots	21 Morning Rice Cake Raisins Afternoon Pretzels Craisins	22 Morning Wheat Thins Seaweed Afternoon Snap Pea Chips Applesauce	23 Morning Graham Crackers Mixed Berries Afternoon Wheat Crackers Cheese
27 <b>Morning</b> Cheerios Strawberries <b>Afternoon</b> Rice Cake Smoothie	28 Morning Crunchy Rice Roll Raisins Afternoon That's It Bar	29 <b>Morning</b> Rice Cake Fruit <b>Afternoon</b> Graham Crackers Sun Butter	30 Morning Blueberry Muffin Crasins Afternoon Snap Peas Applesauce
	Closed 1  6 Morning Snap Peas Raisins Afternoon Crunchy Rice Roller Strawberries  13 Morning Bagel Cream Cheese Afternoon Crispix Cereal Mango  20 Morning Yogurt Granola Afternoon Crunchy Rice Roller Apricots  27 Morning Cheerios Strawberries Afternoon Rice Cake	Closed for Summ  Closed for Summ  And Sanap Peas Raisins Afternoon Crunchy Rice Roller Strawberries  13 Morning Bagel Cream Cheese Afternoon Crispix Cereal Mango  20 Morning Yogurt Granola Afternoon Crunchy Rice Roller Apricots  21 Morning Rice Cake Raisins Afternoon Crunchy Rice Roller Apricots  22 Morning Yogurt Granola Afternoon Crunchy Rice Roller Apricots  23 Morning Crunchy Rice Roller Apricots  24 Morning Crunchy Rice Roller Raisins Afternoon Rice Cake Raisins Afternoon Pretzels Craisins  25 Morning Crunchy Rice Roll Raisins Afternoon That's It Bar	Closed for Summer Break  6 Morning Snap Peas Raisins Afternoon Crunchy Rice Roller Strawberries  13 Morning Bagel Cream Cheese Afternoon Crispix Cereal Mango  20 Morning Granola Afternoon Crunchy Rice Roller Granola Afternoon Crispix Cereal Mango  21 Morning Rice Cake Raisins Afternoon Crispix Cereal Mango  21 Morning Rice Cake Raisins Afternoon Crunchy Rice Roller Granola Afternoon Crunchy Rice Roller Apricots  22 Morning Rice Cake Raisins Afternoon Crunchy Rice Roller Apricots  28 Morning Crunchy Rice Roll Raisins Afternoon Rice Cake Raisins Afternoon Crunchy Rice Roll Raisins Afternoon Rice Cake Raisins Afternoon Rice Cake Raisins Afternoon Graham Crackers



- Nut-safe menu
- Vegetarian-friendly snacks
- Fresh fruit or vegetable served daily
- Water served with all snacks