

## Oceanside Academy – Snack Menu August

Meal	Monday				Tuesday				Wednesday				Thursday				Friday			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
<b>A.M. SNACK</b>	Cheese-it	15	15	29	Animal Cracker	4	4	8	Ritz Cracker	2	3	5	Graham Cracker	1	1	2	Pretzel	10	10	20
	Water				Water				Water				Water				Water			
<b>P.M. SNACK</b>	Corn Muffin	1/2	1/2	1	Pretzels	##	##	##	WG Goldfish Crackers	20 (1/4C)	20 (1/4C)	40 (1/4C)	Vanilla Yogurt	1/4C	1/4C	1/2C	Pita Chips	1/2 PK	1/2 PK	1 PK
	Fresh Apple	1/2	1/2	3/4	Cheese Cubes 6 Cubes = 1 oz	1/2 oz	1/2 oz	1oz	Fresh Orange	1	1	1 1/2	Teddy Grahams	1/2 PK	1/2 PK	1 PK	Fresh Carrots	1/4 C	1/4 C	1/2 C
																	Hummus	1/4 C	1/4 C	1/2 C
Meal	Monday				Tuesday				Wednesday				Thursday				Friday			
<b>A.M. SNACK</b>	Cheese-it	15	15	29	Animal Cracker	4	4	8	Ritz Cracker	2	3	5	Graham Cracker	1	1	2	Pretzel	10	10	20
	Water				Water				Water				Water				Water			
<b>P.M. SNACK</b>	WG Graham Crackers	1/2PK	1/2PK	1PK	Vanilla Yogurt	1/4C	1/4C	1/2C	Fresh Banana	1/2	1/2	1	Ritz Cracker	2	3	5	Corn Muffin	1/2	1/2	1
	Applesauce	1/4C	1/2C	1/2C	WG Granola	1/2PK	1/2PK	1PK	WG Sunchips	1/2PK	1/2PK	1PK	Cheese Cubes 6 Cubes = 1 oz	1/2 oz	1/2 oz	1oz	Yogurt- Strawberry Gogurt	1	1	1
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<b>A.M. SNACK</b>	Cheese-it	15	15	29	Animal Cracker	4	4	8	Ritz Cracker	2	3	5	Graham Cracker	1	1	2	Pretzel	10	10	20
	Water				Water				Water				Water				Water			
<b>P.M. SNACK</b>	WG Veggie Cracker	1/2PK	1/2PK	1PK	WG Sliced Bread	1/2 sl	1/2 sl	1 sl	Cheese-it	15	15	30	WG Tortilla Chips	3	5	10	String Cheese	1/2	1/2	1
	Fresh Orange	1	1	1 1/2	Fresh Banana	1/2	1/2	1	Fresh Apple	1/2	1/2	3/4	Guacamole	1/4C	1/4C	1/2C	Cucumber Slices or Carrot Sticks	1/2C	1/2C	3/4C
					Sunbutter	Cond	Cond	Cond									Ranch	Cond	Cond	Cond
Meal	Monday				Tuesday				Wednesday				Thursday				Friday			
<b>A.M. SNACK</b>	Cheese-it	15	15	29	Animal Cracker	4	4	8	Ritz Cracker	2	3	5	Graham Cracker	1	1	2	Pretzel	10	10	20
	Water				Water				Water				Water				Water			
<b>P.M. SNACK</b>	Corn Muffin	1/2	1/2	1	Pretzels	##	##	##	WG Goldfish Crackers	20 (1/4C)	20 (1/4C)	40 (1/4C)	Vanilla Yogurt	1/4C	1/4C	1/2C	Pita Chips	1/2 PK	1/2 PK	1 PK
	Fresh Apple	1/2	1/2	3/4	Cheese Cubes 6 Cubes = 1 oz	1/2 oz	1/2 oz	1oz	Fresh Orange	1	1	1 1/2	Teddy Grahams	1/2 PK	1/2 PK	1 PK	Fresh Carrots	1/4	1/4	1/2
																	Hummus	1/4	1/4	1/2

(WG)=Whole Grain  
 (TBL)=Tablespoon  
 (CN)= Child Nutrition  
 (PK)= Packet  
 (C)=Cup  
 (Cond)= Condiment  
 (SL) = Slices

All milk served is unflavored  
 12-23 months Whole Milk (unflavored)  
 24-60 months 1% Milk (unflavored)  
 5 years and older 1% Milk (unflavored)

All canned fruit are drained  
 Raw carrots are steamed

**This institution is an equal opportunity provider**

\*seconds will be served upon child's request