

## Oceanside Academy – Snack Menu September

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>	Closed				Animal Cracker	4	4	8	Ritz Cracker	2	3	5	Graham Cracker	1	1	2	Pretzel	10	10	20		
<b>P.M. SNACK</b>					Water			Water			Water			Water		Water			Water			
					Pretzels	10	10	20	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		
	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		
<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		
<b>P.M. SNACK</b>	Water				Water				Water				Water				Water					
	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		
<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		
<b>P.M. SNACK</b>	Water				Water				Water				Water				Water					
	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		
<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		
<b>P.M. SNACK</b>	Water				Water				Water				Water				Water					
	Corn Muffin	1/2	1/2	1	Pretzels	10	10	20	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		
<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		
<b>P.M. SNACK</b>	Water				Water				Water				Water				Water					
	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		

(WG)=Whole Grain (SL) = Slices  
(PK)= Packet (Cond)= Condiment  
(C)=Cup \*seconds will be served upon child's request

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