

Oceanside Academy - Snack Menu November

Meal	Monday				Oct, 28	Tuesday				Oct, 29	Wednesday				Oct, 30	Thursday				Oct, 31	Friday				Nov, 1
	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	Food Item	1-2 yrs	3-5yrs	6+ yrs	
A.M. SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Ritz Cracker Water	2	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20					
P.M. SNACK	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					
Meal	Monday				4	Tuesday				5	Wednesday				6	Thursday				7	Friday				8
A.M. SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Ritz Cracker Water	2	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20					
P.M. SNACK	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					
Meal	Monday				11	Tuesday				12	Wednesday				13	Thursday				14	Friday				15
A.M. SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Ritz Cracker Water	2	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20					
P.M. SNACK	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					
Meal	Monday				18	Tuesday				19	Wednesday				20	Thursday				21	Friday				22
A.M. SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Ritz Cracker Water	2	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20					
P.M. SNACK	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					
Meal	Monday				25	Tuesday				26	Wednesday				27	Thursday				28	Friday				29
A.M. SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Ritz Cracker Water	2	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20					
P.M. SNACK	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													
	Applesauce	1/4C	1/2C	1/2C	WG Granola	1/2PK	1/2PK	1PK	WG Sunchips	1/2PK	1/2PK	1PK													
Closed																									

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

This institution is an equal opportunity provider