

AM & PM Snack · November 2026

Palos Verdes Montessori Academy · Monthly Menu

WGR Whole Grain Rich
WW Whole Wheat
MGR Multi Grain

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	2 WW Ritz Crackers & Cheese Apple Slices Water	3 Graham Crackers Orange Slices Water	4 WGR Cereal Mix Apple Sauce Water	5 Vanilla Yogurt Peach Slices Water	6 WGR Goldfish Crackers Banana Juice & Water	7 AGES 3-5 SERVING 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ½ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
8 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	9 WW Wheat Crackers Apple Slices Juice & Water	10 WGR Wheat Thins & Cheese Cubes Orange Slices Water	11 <div>Veterans Day SCHOOL CLOSED</div>	12 WGR Bran Muffin Apple Sauce Milk & Water	13 WGR Wheat Crackers String Cheese Oranges Slices Milk & Water	14 AGES 3-5 SERVING 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ½ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
15 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	16 WW Ritz Crackers & Cheese Apple Slices Milk & Water	17 Graham Crackers Orange Slices Water	18 WGR Cereal Mix Apple Sauce Water	19 Vanilla Yogurt Peach Slices Water	20 WGR Goldfish Crackers Banana Juice & Water	21 AGES 3-5 SERVING 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ½ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
22 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	23 WW Wheat Crackers Apple Slices Juice & Water	24 WGR Wheat Thins & Cheese Cubes Orange Slices Water	25 WGR Mini Bagels With Cream Cheese Banana Water	26 <div>Thanksgiving SCHOOL CLOSED</div>	27 <div>Day After Thanksgiving SCHOOL CLOSED</div>	28 AGES 3-5 SERVING 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ½ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup
29 AGES 1-2 SERVING 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	30 WW Ritz Crackers & Cheese Apple Slices Milk & Water					AGES 3-5 SERVING 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ½ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup