AM & PM Snack · November 2026

Walnut Montessori-Preschool 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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, ⅛ 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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** **Veterans Day** SCHOOL CLOSED	**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, ⅛ 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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, ⅛ 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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** **Thanksgiving** SCHOOL CLOSED	**27** **Day After Thanksgiving** SCHOOL CLOSED	**28** **AGES 3–5 SERVING** 4 Fluid Ounces 1% milk Protein ½ Ounce 2 Ounces ½ Cup, ⅛ 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 ⅛ Cup, 2 tbsp Fruit ⅛ 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, ⅛ Cup, 1 Tbsp Vegetables/Fruit ½ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup