



# Montessori Meal Plan

## August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast					
lunch					
pm snack					
breakfast			11 crackers, broccoli & melon	12 bagel, cream cheese & oranges	13 biscuit, carrots & strawberry jam
lunch			chicken penne Alfredo peas & corn yeast roll	beef wheat bulgur tomato & carrots green beans	creamy chicken rice peas & corn cheese bread
pm snack			early pick-up	early pick-up	carrot & zucchini bread, pineapple
breakfast	16 yogurt, cereal, peaches	17 wheat bread, celery bananas	18 croissant, pineapple and broccoli	19 oranges, peppers & crackers	20 watermelon, celery & roll
lunch	spaghetti marinara peas & corn yeast roll	chicken burrito tomato rice green beans & carrots	mac & cheese carrots & peas	chicken tender roll green salad cucumbers	cheesy beef mac with carrots sweet corn
pm snack	turkey, carrots saltines	tortilla chips, oranges & salsa	yeast roll, apples & jam	pita chips, grapes & berries	pretzel, pineapple & dip
breakfast	23 pita bread, hummus & apples	24 raisin bread, oranges & carrots	25 buttermilk biscuit strawberry jam	26 apples, naan & broccoli	27 pancakes, oranges & peaches
lunch	chicken teriyaki fried rice corn & limas	grilled cheese sweet potato 'fries' green beans	roasted chicken penne Alfredo peas & corn	cheese pizza green salad cucumbers	beef meatballs mash potatoes green beans
pm snack	veggie straws cheese, melon	turkey, apples crackers	pita chips, hummus & grapes	Chex, bananas & peppers	roll, jam & carrots
breakfast	30 crackers, cheese & apples	31 wheat bread, melon & bananas			
lunch	cheesy beef mac with carrots sweet corn	chicken burrito tomato rice corn & peas			
pm snack	celery & grapes banana chocolate bread	oranges, pretzel & dip			



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