



Montessori Meal Plan

February 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast			1 croissant, orange, jam	2 wheat bread, pineapple, berries	3 buttermilk biscuit cheese & jam
lunch			turkey wrap green peas carrots	cheese pizza green salad cucumbers	chicken pot-pie rotini peas & corn yeast roll
pm snack			wheat thins, cream cheese, apples	grahams, grapes cucumbers	tortilla chips broccoli, apples
breakfast	6 raisin bread, celery oranges	7 pancakes, banana, strawberry jam	8 o cereal, yogurt, peaches	9 wheat bread, cheese, blueberries	10 croissant, pineapple, peppers
lunch	cheesy beef mac with carrots sweet corn	chicken burrito herb rice broccoli	creamy chicken rice mixed veggies yeast roll	chicken tender wrap sweet potato fries mixed veggies	spaghetti marinara green salad cucumbers
pm snack	pita, cream cheese, cucumbers	cheese, apples crackers	Chex, carrots, watermelon	grahams, grapes honeydew	veggie straws, cucumbers, broccoli
breakfast	13 raisin bread oranges, cheese	14 wheat bread, cheese, bananas	15 jam, oranges yeast roll	16 granola, grapes yogurt	17 croissant, jam, fresh berries
lunch	egg fried rice lima beans sweet corn	chicken strip mac & cheese peas & corn	beef quesadilla tomato rice with broccoli	cheese pizza green salad cucumbers	chicken Alfredo pasta with peas yeast roll
pm snack	crackers honeydew, celery	veggie straws, carrots, grapes	pretzels, broccoli, cream cheese	tortilla chips cheese, apples	pita chips, pineapple, peppers
breakfast	20	21 croissant pineapple, jam	22 pancakes, grapes watermelon	23 o cereal, yogurt, peaches	24 wheat bread, jelly, blueberries
lunch	no school	chicken parm pasta carrots sweet peas	creamy chicken rice peas & corn yeast roll	chickpea quesadilla green beans corn	beef taco tomato rice broccoli
pm snack		animal crackers melon, cucumbers	wheat thins apples, cream cheese	Chex, carrots, watermelon	ritz, oranges, cheese
breakfast	27 croissant, pineapple cucumber	28 raisin bread, grapes, cheese			
lunch	spaghetti marinara peas & corn yeast roll	beef quesadilla tomato rice broccoli			
pm snack	goldfish, oranges, apples	pretzels, carrots, melon			