



Montessori Meal Plan

August 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
breakfast				1	2
lunch					
pm snack					
breakfast	5	6	7	8	9
lunch				wheat bread, cheese, blueberries	croissant, pineapple, peppers
pm snack				turkey & cheese roll mixed veggies	cheesy beef mac with carrots sweet corn
				12pm dismissal	veggie straws, cucumbers, broccoli
breakfast	12	13	14	15	16
lunch	pita bread, apples, sunflower butter	wheat bread, cheese, bananas	jam, oranges yeast roll	granola, grapes yogurt	croissant, jam, fresh berries
pm snack	egg fried rice lima beans sweet corn	chicken Alfredo with green peas yeast roll	chicken burrito tomato rice with green beans	homemade mac & cheese peas & carrots	turkey yeast roll green salad with cucumbers
	graham crackers, oranges, cucumbers	veggie straws, carrots, grapes	pretzels, broccoli, cream cheese	tortilla chips cheese, apples	pita chips, pineapple, peppers
breakfast	19	20	21	22	23
lunch	biscuits, jam banana	croissant pineapple, jam	pancakes, grapes watermelon	pita bread, oranges & jam	granola, yogurt & berries
pm snack	pasta marinara beef meatballs sweet peas & corn	cheese pizza green salad cucumbers	cheesy beef mac with carrots sweet corn	chicken quesadilla tomato rice with green beans	turkey & cheese wrap potato fries mixed veggies
	cheese, apples crackers	animal crackers melon, cucumbers	wheat thins apples, cream cheese	tortilla chips, salsa and sour cream	veggie straws, carrots & peppers
breakfast	26	27	28	29	30
lunch	bagel, cheese, banana	croissant pineapple, jam	pancakes, grapes watermelon	raisin bread, jam, blueberries	o cereal, yogurt peaches
pm snack	chicken yeast roll green salad with cucumbers	chicken pot-pie pasta with mixed veggies yeast roll	egg fried rice lima beans sweet corn	homemade mac & cheese peas & carrots	chicken burrito tomato rice with green beans
	pita bread, oranges, grapes	animal crackers melon, cucumbers	wheat thins apples, cream cheese	crackers, cheese, oranges	pita chips, pineapple, peppers