



# Montessori Meal Plan

February 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
am snack	yogurt, granola oranges	pretzels, melon peppers	chex mix, apples broccoli	grahams pineapple, melon	oranges, cucumbers whole wheat bread
lunch	grilled cheese sweet potato fries green peas	chicken slider green salad cucumbers	cheesy beef mac carrots sweet corn	chicken quesadilla tomato rice green beans, corn	egg fried rice lima beans, corn chicken egg roll
pm snack	naan bread, hummus dip, apples	oranges, cucumber raisin bread	cheese, crackers grapes	tortilla chips salsa, celery	veggie straws, cucumbers, apples
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
am snack	pancakes, oranges grapes	tortilla chips, salsa melon	bread roll, tomatoes apples	granola oranges, melons	breakfast cereal bananas, cucumbers
lunch	beef meatballs mash potatoes green beans	spaghetti & meatballs green peas, carrots yeast rolls	creamy chicken rice carrots, peas, beans herb bread	cheese pizza green salad cucumbers	chicken pot-pie egg noodles, corn, peas, carrots, herb toast
pm snack	chex mix, apples broccoli	biscuits, cucumbers pineapple	pretzels, broccoli grapes	croissant, pineapple peppers	wafers, apples celery
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
am snack	cereal, yogurt grapes	naan bread, dip cucumbers	cheese strips, peppers, melon	oranges, pineapple pretzels	vanilla yogurt, granola broccoli
lunch	chicken penne Alfredo broccoli, carrots	homemade mac & cheese carrots & peas	cheeseburger quesadilla, tomato rice, corn, beans	grilled cheese green salad cucumbers	cheesy beef mac carrots sweet corn
pm snack	cheese and crackers, broccoli	pancakes, apples celery	raisin bread, oranges grapes	carrot zucchini bread melon, carrots	cinnamon toast, banana, apples
	<b>23</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
am snack	pineapple, oranges granola	breakfast cereal yogurt, banana	bread roll, jam, grapes	croissant, pineapple carrots	oranges, raisin bread broccoli
lunch	spaghetti&meatballs peas, corn yeast roll	beef bulgur pilaf carrots green beans	chicken slider sweet potato fries mixed veggies	chicken burrito tomato rice broccoli	cheese pizza green salad with cucumbers
pm snack	tortilla chips, salsa, grapes	pretzels, veggie dip peppers	chex mix, oranges, apple	apple sauce, vanilla wafers, cucumbers	chex mix, apples celery