

# Montessori School of Sudbury

## Menu Plan - Week 1 - January 6th - January 10th, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	English Muffin Fruit Water	Cereal & Fruit Water	Yogurt Water	Cereal & Fruit Water	French Toast Applesauce Water
Lunch	Turkey Sandwich Chicken Noodle Soup Fruit Milk	Sheppard's Pie Bread Fruit Milk	Hot Chicken Sandwich Potato Wedges Carrots Fruit Milk	Pizza Cookie Milk	Spaghetti & Meat Sauce Salad Fruit Milk
P.M. Snack	Muffin Water	Fruit Cocktail Water	Cookies Water	Veggies & Dip Water	Cheese & Crackers Water



## Menu Plan - Week 2 - January 13th - January 17th, 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Toast & Toppings Water	Cereal & Fruit Water	Yogurt Water	Cereal & Fruit Water	Bagel & Toppings Water
Lunch	Roast Beef Sandwich Tomato Soup Fruit Milk	Meat Loaf Salad Bread Fruit Milk	Chicken Stew Bread Fruit Milk	Pizza Cookie Milk	Chicken Cacciatore Bread Fruit Milk
P.M. Snack	Muffin Water	Crackers & Cheese Water	Veggies & Dip Water	Nachos & Salsa Water	Fruit Cocktail Water