

# Montessori School of Sudbury

## Menu Plan - Week 1 - November 4th - November 8th, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	English Muffin Fruit Water	Cereal & Fruit Water	Yogurt Water	Cereal & Fruit Water	French Toast Applesauce Water
<b>Lunch</b>	Soup & Sandwich 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
<b>P.M. Snack</b>	Muffin Water	Fruit Cocktail Water	Cookies Water	Veggies & Dip Water	Cheese & Crackers Water



## Menu Plan - Week 2 - November 11th - November 15th, 2019



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