

Montessori School of Sudbury

Menu Plan - Week 1 - October 7th - October 11th, 2019

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



Menu Plan - Week 2 - October 14th - October 18th, 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack		Cereal & Fruit Water	Yogurt Water	Cereal & Fruit Water	Bagel & Toppings Water
Lunch		Meat Loaf Potatoes, Salad Bread Fresh Fruit Milk	Chicken Stew Bread Fresh Fruit Milk	Pizza Cookie Milk	Chicken Cacciatore Bread Fresh Fruit Milk
P.M. Snack		Crackers & Cheese Water	Veggies & Dip Water	Nachos & Salsa Water	Fruit Cocktail Water