

Montessori School of Sudbury

Menu Plan - Week 1 - September 9th - September 13th, 2019

	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	Sandwich Soup 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 - September 16th - September 20th, 2019



	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