

# Montessori School of Sudbury

## Menu Plan - Week 3 - November 12th - November 16th, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Toast & Toppings Water	Cereal & Fruit Water	Fruit Cocktail Water	Cereal & Fruit Water	Pancakes Water
<b>Lunch</b>	Soup & Sandwich Fresh Fruit Milk	Chicken Parmesan Roasted Potatoes Fresh Fruit Milk	Macaroni & Cheese Bread Fresh Fruit Milk	Pizza Cookie Milk	Spaghetti & Meatballs Bread Fresh Fruit Milk
<b>P.M. Snack</b>	Fruit Salad Water	Yogurt Water	Banana Bread Water	Crackers & Cheese Water	Veggies & Dip Water



## Menu Plan - Week 4 - November 19th - November 23rd, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Bagel & Cream Cheese Water	Cereal & Fruit Water	Fruit Salad Water	Cereal & Fruit Water	Pancakes Water
<b>Lunch</b>	Soup & Sandwich Fresh Fruit Milk	Chicken Rice & Veggies Bread Fresh Fruit Milk	Chicken Fingers Potato Wedges Fresh Fruit Milk	Pizza Cookie Milk	Penne Pasta in a Chicken Rosé Bread Fresh Fruit Milk
<b>P.M. Snack</b>	Fruit Salad Water	Cookie Water	Apple Crisp Water	Crackers & Cheese Water	Veggies & Dip Water