

Montessori School of Sudbury

Menu Plan - Week 3 - October 21st - October 25th, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Toast & Toppings Water	Cereal & Fruit Water	Fruit Cocktail Water	Cereal & Fruit Water	Pancakes Water
Lunch	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
P.M. Snack	Fruit Salad Water	Yogurt Water	Banana Bread Water	Crackers & Cheese Water	Veggies & Dip Water



Menu Plan - Week 4 - October 28th - November 1st, 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Bagel & Cream Cheese Water	Cereal & Fruit Water	Fruit Salad Water	Cereal & Fruit Water	Pancakes Water
Lunch	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
P.M. Snack	Fruit Salad Water	Cookie Water	Apple Crisp Water	Crackers & Cheese Water	Veggies & Dip Water