

Montessori School of Sudbury

Menu Plan - Week 3 - September 17th - September 21st, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Cheerios Water	Fruit Cocktail Water	Yogurt Water	Rice Krispies Water	French Toast Water
Lunch	Soup & Sandwich Cupcake Milk	Chicken Parmesan Roasted Potatoes Pineapple Chunks Milk	Macaroni & Cheese Fruit Cocktail Milk	Pizza Pear Slices Milk	Spaghetti & Meatballs Oranges Milk
P.M. Snack	Fruit Salad Water	Yogurt Water	Fruit Water	Crackers & Cheese Water	Veggies & Dip Water



Menu Plan - Week 4 - September 24th - September 28th, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Toast & Toppings Water	Cereal & Fruit Water	Fruit Salad Water	Cereal & Fruit Water	Pancakes & Applesauce Water
Lunch	Turkey Sub Soup Granola Bar Milk	Chicken Stir Fry Fruit Milk	Chicken Fingers Potato Wedges Fruit Milk	Pizza Pear Slices Milk	Penne Pasta in a Chicken Rose Fruit Milk
P.M. Snack	Yogurt & Cookie Water	Cookies Water	Apple Crisp Water	Crackers & Cheese Water	Veggies & Dip Water