

Montessori School of Sudbury

Menu Plan - Week 3 - September 23rd - September 27, 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 - September 30th - October 4th, 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 |