

# Montessori School of Sudbury

## Menu Plan October 1st - October 5th, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	English Muffin Fruit Water	Cereal & Fruit Water	Yogurt & Berries Water	Cereal & Fruit Water	French Toast Applesauce Water
<b>Lunch</b>	Turkey Sandwich Chicken Noodle Soup Fruit Milk	Sheppard's Pie Bread Fruit Milk	Hot Chicken Sandwich Potato Wedges Carrots Fruit Milk	Pizza Cookie Milk	Spaghetti & Meat Sauce Salad Fruit Milk
<b>P.M. Snack</b>	Muffin Water	Fruit Cocktail Water	Cookies Water	Veggies & Dip Water	Cheese & Crackers Water



## Menu Plan October 8th - October 12th, 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	<b>CLOSED</b>	Cereal & Fruit Water	Yogurt & Berries Water	Cereal & Fruit Water	Bagels & Top- pings Water
<b>Lunch</b>		Meat Loaf Salad Bread Fruit Milk	Chicken Stew Bread Fruit Milk	Pizza Cookie Milk	Chicken Cacciatore Bread Fruit Milk
<b>P.M. Snack</b>		Crackers & Cheese Water	Veggies & Dip Water	Nachos & Salsa Water	Fruit Cocktail Water