

Montessori School of Sudbury

Menu Plan - Week 1 - January 5th - January 9th, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal & Fruit Water	English Muffin Fruit Water	Yogurt with Dairy Alternative & Toast Water	Cereal & Fruit Water	Waffles & Applesauce Water
Lunch	Soup & Sandwich Fresh Fruit Coconut Milk	Shepherd's Pie Bread Fresh Fruit Coconut Milk	Baked Lazy Lasagna, Bread Vegetables Fresh Fruit Coconut Milk	Chicken with Veggie Pasta, Corn on the Cob Fresh Fruit Coconut Milk	Hamburger on a Bun, Potatoes, Vegetables Fresh Fruit Coconut Milk
P.M. Snack	Fruit & Arrowroots Water	Muffin & Fruit Water	Cookie & Applesauce Water	Granola Bar & Fruit Water	Rice Cake & Cucumbers Water



Menu Plan - Week 2 - January 12th - January 16th, 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Cereal & Fruit Water	English Muffin & Toppings Water	Toast & Toppings Water	Cereal & Fruit Water	Pancakes & Syrup Water
Lunch	Soup & Sandwiches Fresh Fruit Coconut Milk	Meatballs & Gravy, Mashed Potatoes, Vegetables Fresh Fruit Coconut Milk	Chicken, Parmesan, with Noodles & Vegetables Fresh Fruit Coconut Milk	DIY Rice Bowl with Vegetables Fresh Fruit Coconut Milk	Pizza Fresh Fruit Cookie Coconut Milk
P.M. Snack	Crackers & Hummus Water	Granola Bar & Fruit Water	Muffin & Fruit Water	Meat, Veggie Sticks & Crackers Water	Bagel & Toppings Water

Please note that all items on the menu are dairy free.

Updated:10.10.2023