

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 & Arrowroot Water	Cereal & Fruit Water	Waffles & Applesauce Water
Lunch	Soup & Sandwich Fresh Fruit Milk	Shepherd's Pie Bread Fresh Fruit Milk	Baked Lazy Lasagna, Bread Vegetables Fresh Fruit Milk	Chicken with Veggie Pasta, Corn on the Cob Fresh Fruit Milk	Cheeseburger on a Bun, Vegetables Fresh Fruit Milk
P.M. Snack	Fruit & Arrowroot 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 Milk	Meatballs & Gravy, Mashed Potatoes, Vegetables Fresh Fruit Milk	Chicken Parmesan, with Noodles, & Vegetables Fresh Fruit Milk	DIY Rice Bowl with Vegetables Fresh Fruit Milk	Pizza Fresh Fruit Cookie Milk
P.M. Snack	Crackers & Hummus Water	Granola Bar & Fruit Water	Muffin & Fruit Water	Meat, Cheese & Crackers Water	Bagel & Toppings Water