

Montessori School of Sudbury

Menu Plan - Week 3 - October 20th-October 24th, 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Cereal & Fruit Water	Toast & Toppings Water	English Muffins Water	Cereal & Fruit Water	Waffles & Applesauce Water
Lunch	Soup & Sandwich Fresh Fruit Coconut Milk	Honey Garlic Meatballs, Potatoes Vegetables Fresh Fruit Coconut Milk	Pasta with Meat Sauce, Cucumbers Bread Fresh Fruit Coconut Milk	Hot Hamburg, Mashed Potatoes & Vegetables Fresh Fruit Coconut Milk	Pizza Vegetables Cookie Coconut Milk
P.M. Snack	Cookies & Applesauce Water	Yogurt with Dairy Alternative & Arrowroots Water	Muffin & Fruit Water	Meat, Veggie Sticks & Crackers Water	Granola Bar & Fruit Water



Menu Plan - Week 4 - October 27th– October 31st, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Cereal & Fruit Water	Yogurt with Dairy Alternative & Arrowroot Water	Toast & Toppings Water	Cereal & Fruit Water	Pancakes & Syrup Water
Lunch	Soup & Sandwich Fresh Fruit Coconut Milk	Hamburger on a Bun, & Vegetables Fresh Fruit Coconut Milk	Hot Chicken Sandwich, Mashed Potatoes & Vegetables Fresh Fruit Coconut Milk	Meatballs Potatoes & Vegetables Fresh Fruit Coconut Milk	Pizza Fresh Fruit Cookie Coconut Milk
P.M. Snack	Fruit & Arrowroots Water	Cookie & Applesauce Water	Granola Bars & Fruit Water	Meat, Veggie Sticks & Crackers Water	Rice Cake & Cucumbers Water

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

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