

# Montessori School of Sudbury

## Menu Plan - Week 3 - April 13th - April 17th, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M Snack</b>	Cereal & Fruit Water	Toast & Toppings Water	English Muffins Water	Cereal & Fruit Water	Waffles & Applesauce Water
<b>Lunch</b>	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	Chicken with Veggie Pasta, Corn on the Cob Fresh Fruit Coconut Milk
<b>P.M. Snack</b>	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 - April 20th - April 24th, 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A.M. Snack</b>	Cereal & Fruit Water	Yogurt with Dairy Alternative & Arrowroot Water	Toast & Toppings Water	Cereal & Fruit Water	Pancakes & Syrup Water
<b>Lunch</b>	Soup & Sandwich Fresh Fruit Coconut Milk	Hamburger on a Bun, & Vegetables Fresh Fruit Coconut Milk	Chicken & Side sauces, Rice & Vegetables Fresh Fruit Coconut Milk	Meatballs, Potatoes & Vegetables Fresh Fruit Coconut Milk	Pizza Fresh Fruit Cookie Coconut Milk
<b>P.M. Snack</b>	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.\*\*

Update:07.29.2024