

Montessori School of Sudbury

Menu Plan - Week 1 - June 22th - June 26th, 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	Hamburger on a Bun, Potatoes, Vegetables Fresh Fruit Coconut Milk	Stir Fry with 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 - June 29th - July 3rd, 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	Cereal & Fruit Water	English Muffin & Toppings Water		Cereal & Fruit Water	Pancakes & Syrup Water
Lunch	Soup & Sandwiches Fresh Fruit Coconut Milk	Meatballs & Gravy, Mashed Potatoes, Vegetables Fresh Fruit Coconut Milk		Hamburger on a Bun, Potatoes, Vegetables Fresh Fruit Coconut Milk	Pizza Fresh Fruit Cookie Coconut Milk
P.M. Snack	Crackers & Hummus Water	Granola Bar & 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