

Montessori School of Sudbury

Menu Plan - Week 1 - July 20th - July 24th, 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	Chicken with Veggie Pasta, Corn on the Cob 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 - July 27th - July 31st, 2026



	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	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	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