Montessori School of Sudbury

Menu Plan - Week 1 - November 9th - November 13th, 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	Hamburger on a Bun, Potatoes, Vegetables Fresh Fruit Milk	Stir Fry with 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 - November 16th - November 20th, 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 Milk	Meatballs & Gravy, Mashed Potatoes, Vegetables Fresh Fruit Milk	Chicken Parmesan, with Noodles, & Vegetables Fresh Fruit Milk	Hamburger on a Bun, Potatoes, 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

Updated:10.10.2023