Montessori School of Sudbury

Menu Plan - Week 3 - November 23rd - November 27th, 2026

	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 Milk	Honey Garlic Meatballs, Potatoes Vegetables Fresh Fruit Milk	Pasta with Meat Sauce, Cucumbers Bread Fresh Fruit Milk	Hot Hamburg, Mashed Potatoes & Vegetables Fresh Fruit Milk	Chicken with Veggie Pasta, Corn on the Cob Fresh Fruit Milk
P.M. Snack	Cookies & Applesauce Water	Yogurt & Arrowroots Water	Muffin & Fruit Water	Meat, Cheese & Crackers Water	Granola Bar & Fruit Water



Menu Plan - Week 4 - November 30th - December 4th, 2026



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

Update:08.01.2024