

Woodland Montessori School

Breakfast, Lunch and Afternoon Snack



MENU

January 2019

1% Milk is Served with All Meals and Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Seasonal Fruit Waffles, Turkey Sausage	Breakfast Seasonal Fruit Toast, Scrambled Eggs	Breakfast Seasonal Fruit French Toast	Breakfast Seasonal Fruit Peanut Butter Toast Hard Boiled Eggs	Breakfast Seasonal Fruit Hot or Cold Cereal
	1 	2 No School <i>Care Available by Reservation</i> Chef's Choice	3 PB & J on WW Bread Carrots & Pears Treat Day! ***** PM Snack Milk & Cereal	4 Chef's Choice Casserole Peas Applesauce ***** PM Snack PB & J Sandwiches
7 Bean and Cheese Quesadillas Cucumbers & Apple Slices ***** PM Snack Fruit Smoothie & Animal Crackers	8 Turkey & Cheese Sandwich Carrots & Bananas ***** PM Snack Apples and Peanut Butter	9 Homestyle Chicken Noodle Soup , Whole Grain Roll, Fresh Fruit ***** PM Snack Yogurt and Fruit	10 Spaghetti w/Meat Sauce Green Beans & Sliced Fruit Treat Day! ***** PM Snack Milk & Cereal	11 Macaroni & Cheese w/Ham , Peas Applesauce ***** PM Snack PB & J Sandwiches
14 Chicken Penne Pasta w/Broccoli Pears ***** PM Snack Fruit Smoothie & Animal Crackers	15 Whole Grain Bagel w/Cream Cheese & Ham Peas & Apples ***** PM Snack Apples and Peanut Butter	16 Home Style Vegetable Beef Barley Soup , Whole Grain Roll & Fruit ***** PM Snack Yogurt and Fruit	17 Homemade Chicken Nuggets , Broccoli Orange Slices, Treat Day! ***** PM Snack Milk & Cereal	18 Mexican Casserole Corn Peaches ***** PM Snack PB & J Sandwiches
21 No School <i>Care Available by Reservation</i> Chef's Choice	22 Salami, Cream Cheese & Spinach Pinwheels Carrots & Sliced Fruit ***** PM Snack Apples and Peanut Butter	23 Tomato Soup Grilled Cheese Sandwich Bananas ***** PM Snack Yogurt and Fruit	24 Sloppy Joes Fresh Cucumber Pickles Pears, Treat Day! ***** PM Snack Milk & Cereal	25 Fish Sticks Sweet Potato Fries Apples ***** PM Snack PB & J Sandwiches
28 Egg Frittata & Toast Spinach Salad Peaches ***** PM Snack Fruit Smoothie & Animal Crackers	29 Ham & Cheddar Sandwiches Fresh Peas & Bananas ***** PM Snack Apples and Peanut Butter	30 Tuscan Smoked Turkey Soup , Whole Grain Roll, Orange Slices ***** PM Snack Yogurt and Fruit	31 Teriyaki Chicken Stir Fry With Asian Veggies Fresh Fruit, Treat Day! ***** PM Snack Milk & Cereal	

Note: Occasionally some foods are substituted due to unavailability