

Woodland Montessori School

Breakfast, Lunch and Afternoon Snack



January 2021



Milk is Served with All Meals and Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cold Cereal Fruit	Breakfast Bagel and Cream Cheese Seasonal Fruit	Breakfast Egg Cups & English Muffin Seasonal Fruit	Breakfast Hard Boiled Eggs Breakfast Muffin	Breakfast Kodiak Pancakes Seasonal Fruit
				1 Center Closed
4 Ham & Swiss on WW Veggie Ranch Cups Cuties ***** PM Snack Trail Mix	5 Swedish Meatballs Egg Noodles, Green Beans Pears ***** PM Snack PB & J Sandwiches	6 Chicken Rice Soup Whole Wheat Roll Fruit Salad ***** PM Snack Yogurt Berry Parfaits	7 Scalloped Potatoes & Ham Broccoli, Oranges Treat Day! ***** PM Snack Cheese and Crackers	8 Chicken Pasta Primavera Salad Apples ***** PM Snack Meat & Cheese Rollups
11 Turkey & Cheddar on WW Carrot Sticks Cuties ***** PM Snack Celery w/Cream Cheese	12 Pepperoni Cheese Pizza Tossed Salad Bananas ***** PM Snack Trail Mix	13 Beef Barley Veggie Soup Whole Wheat Roll Pears ***** PM Snack PB & J Sandwiches	14 Meatloaf, Mashed Potatoes & Gravy, Green Beans, Oranges, Treat Day! ***** PM Snack Cucumber Boats/Cream Cheese	15 Chicken Enchiladas Peas Fruit Salad ***** PM Snack Meat & Cheese Rollups
18 Ham & Cheese Quiche Squash Cuties ***** PM Snack Apples & Peanut Butter	19 Beef Stroganoff Egg Noodles, Dill Carrots Fruit Salad ***** PM Snack Yogurt Berries Parfait	20 Tomato Basil Soup Grilled Cheese Sandwich Pears ***** PM Snack Trail Mix	21 BBQ Pork Sliders Green Beans, Apples Treat Day! ***** PM Snack PB & J Sandwiches	22 Chicken Tenders Cauliflower Oranges ***** PM Snack Cheese & Crackers
25 Chicken Caesar Salad Cuties ***** PM Snack Apples and Peanut Butter	26 Cheese Burgers Potato Salad Carrot Sticks, Bananas ***** PM Snack Celery & Cream Cheese	27 Bean and Ham Soup Whole Wheat Rolls Apples ***** PM Snack Meat & Cheese Rollups	28 Goulash Green Beans and Oranges Treat Day! ***** PM Snack Trail Mix	29 Chicken Quesadillas Broccoli Fruit Salad ***** PM Snack PB & J Sandwiches

Note: Occasionally some foods are substituted due to unavailability