

Woodland Montessori School

Breakfast, Lunch and Afternoon Snack



MENU

October 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 Pepperoni Pizza Cuties & Snap Peas ***** PM Snack Cheese & Crackers |
| 4 Turkey & Cheese on WW Broccoli & Cuties ***** PM Snack Celery & Cream Cheese | 5 Ham & Cheese Quiche Pears & Green Beans ***** PM Snack Trail Mix | 6 Lasagna Garlic Toast, Snap Peas & Apples ***** PM Snack PB & J Roll Up | 7 Chicken & Spanish Rice Fruit Salad, Roasted Corn & Peppers Treat Day! ***** PM Snack Egg Salad Sandwich | 8 Fish Sandwich Oranges & Coleslaw ***** PM Snack Ham & Cheese Sandwich |
| 11 Bologna & Cheese on WW Broccoli & Cuties ***** PM Snack Trail Mix | 12 Chicken Noodle Soup Pears & WW Rolls, Roasted Cauliflower ***** PM Snack PB & Banana Roll Up | 13 Goulash Oranges & Green Beans ***** PM Snack Hummus & Crackers | 14 Swedish Meatballs Egg Noodles, Fruit Salad, Snap Peas Treat Day! ***** PM Snack Yogurt Parfaits | 15 Pepperoni Pizza Apples & Baby Carrots ***** PM Snack PB & J Sandwich |
| 18 Grilled Ham & Cheese on WW Baby Carrots & Cuties ***** PM Snack Celery & Cream Cheese | 19 Meatloaf Mashed Potatoes & Gravy Pears & Broccoli ***** PM Snack Yogurt & Graham Crackers | 20 Chicken & Brown Rice Soup Oranges & Roasted Brussel Sprouts ***** PM Snack Veggies & Ranch Cup | 21 BBQ Pork Slider Veg & Ranch Cup, Fruit Salad Treat Day! ***** PM Snack Meat & Cheese Roll Ups | 22 Chicken & Dumpling Apples & Green Beans ***** PM Snack Trail Mix |
| 25 Peanut Butter & Jelly on WW Cuties & Green Beans ***** PM Snack Cheese & Crackers | 26 Cheeseburger French Fries, Baby Carrots & Apples ***** PM Snack PB& J Roll Ups | 27 Beef Vegetable Soup Snap Peas & Oranges ***** PM Snack Graham Crackers & PB | 28 Chicken Quesadillas Apples & Green Beans Treat Day! ***** PM Snack Ham & Cheese Sandwich | 29 Macaroni & Cheese Broccoli & Oranges ***** PM Snack Trail Mix |

Note: Occasionally some foods are substituted due to unavailability