

Woodland Montessori School

Breakfast, Lunch and Afternoon Snack

September 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cold Cereal Seasonal Fruit	Breakfast Bagel & Cream Cheese Seasonal Fruit	Breakfast Breakfast Sandwich Seasonal Fruit	Breakfast Hard Boiled Eggs Breakfast Muffin	Breakfast Kodiak Pancakes Seasonal Fruit
5 NO SCHOOL	6 Chicken Caesar Salad w/ Seasonal Fruit ***** PM Snack Trail Mix	7 Spaghetti w/ meat sauce Salad w/ Dressing & Seasonal Fruit ***** PM Snack Whole Grain Chips & Guac	8 Meat Taquitos w/ refried beans & sour cream w/fruit ***** PM Snack Yogurt & Berries	9 Fish Sandwich Coleslaw & Seasonal Fruit ***** PM Snack Snack Buffett
12 Chicken Tenders Sweet Potato Fries w/ seasonal fruit ***** PM Snack PB& J Sandwich	13 Beef Stroganoff Seasonal Fruit & Veg ***** PM Snack Hummus & Bell Peppers	14 Bologna & Cheese on WW Seasonal Fruit & Veg ***** PM Snack Carrot Sticks w/ Dip	15 Breakfast for Lunch Fruit ***** PM Snack Pretzel & String Cheese	16 Teachers Choice/ Left Over Day ***** PM Snack Snack Buffett
19 Meatloaf w/ Mashed Potatoes & Veg & Fruit ***** PM Snack Banana & Graham Cracker	20 Quiche w/ veg & seasonal fruit ***** PM Snack Yogurt & Berries	21 Tuna Pasta Salad w/ Seasonal Fruit ***** PM Snack Cottage cheese & Peaches	22 Black Bean Burger w/ lettuce, cheese, tomato Seasonal fruit ***** PM Snack Apples & Peanut Butter	23 Teachers Choice/ Left Over Day ***** PM Snack Snack Buffett
26 Tostada w/ beans, corn, lettuce, cheese, tomato Seasonal Fruit ***** PM Snack Cucumber w/ Dip	27 Chicken Caesar Salad w/ seasonal fruit ***** PM Snack Pretzel & String Cheese	28 Potato Au Gratin w/ meat & seasonal fruit & veg ***** PM Snack Cheerios & Banana	29 Meatballs w/ buttered noodles Seasonal fruit & veg ***** PM Snack Trail Mix	30 Pepperoni Pizza Seasonal Fruit & veg ***** PM Snack Snack Buffett

Milk is Served with All Meals and Snacks



Note: Occasionally some foods are substituted due to unavailability