

Tomorrow's Hope Montessori School August 2017 Lunch and Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM		1	2	3	4
Lunch		Mini Bagel w/Cream Cheese	Pancake / Banana	Cheerios / Cantaloupe	Teacher Work Day School Closed
PM		Sliced Turkey Hummus Tortilla Roll/ Corn /Watermelon	Cheese Pizza/ Cucumber Slices Mixed Fruit	Turkey Sloppy Joes / Carrots Pineapple	
		Cheese Its/ Banana	Vanilla Wafers/ Orange Slices	Wheat Crackers / Cheese Cubes	
AM	7	8	9	10	11
Lunch	English Muffin / Applesauce	Cheerios / Watermelon	Yogurt / Granola	Whole Grain Waffle/ Oranges	Mini Bagel w/Jam/ Applesauce
PM	Bean & Cheese Burrito/Brown Rice/ Corn/ Pineapple	Pasta w/ Turkey Meat Sauce Green Beans / Apple Slices	Chicken Nuggets /Green Beans Seasoned Rice/ Melon Medley	Lentils & Brown Rice/ Cucumbers / Apples	Cheese Pizza Cucumber Slices/ Mixed Fruit
	Pita Bread / Hummus	Animal Crackers / Cantaloupe	Wheat Crackers / Cheese Sticks	Mini Rice Cakes / Yogurt	Oyster Crackers / Fruit Smoothies
AM	14	15	16	17	18
Lunch	Cereal Bar / Applesauce	Mini Bagel w/Cream Cheese	Pancake / Banana	Cheerios / Cantaloupe	Wheat Toast w/Jam / Milk
PM	Fish Nuggets / Broccoli Brown Rice / Pineapple	Macaroni & Cheese/ Green Peas/ Honeydew	Turkey Sloppy Joes / Wheat Bun Carrots / Apple Slices	Chicken/ Zucchini/ Fried Rice Pineapple	Fajita Chicken & Peppers Black Bean Salad Mixed Fruit
	Graham Crackers / Apple Butter	Cheese Its/ Banana	Vanilla Wafers / Orange Slices	Wheat Crackers / Cheese Cubes	Cucumber Slices / Hummus
AM	21	22	23	24	25
Lunch	English Muffin / Applesauce	Cheerios / Watermelon	Yogurt / Granola	Whole Grain Waffle/ Oranges	Mini Bagel w/Jam/ Applesauce
PM	Grilled Cheese / Cucumber & Tomato Salad / Cantaloupe	Sliced Turkey Hummus Tortilla Roll/ Cucumbers/ Banana	Turkey Slider/ Wheat Bun Carrots / Banana	Lentils & Brown Rice w/Tomatoes/ Watermelon	Cheese Pizza/ Cucumber Slices Mixed Fruit
	Pita Bread / Hummus	Animal Crackers / Apple Slices	Wheat Crackers / Cheese Sticks	Mini Rice Cakes / Yogurt	Oyster Crackers / Fruit Smoothies
AM	28	29	30	31	
Lunch	Cereal Bar /Applesauce	Mini Bagel w/Cream Cheese	Pancake / Banana	Cheerios / Cantaloupe	
PM	Cheese Ravioli w/ Marinara Green Beans/ Watermelon	Chicken/ Zucchini/ Fried Rice Pineapple	Turkey Sloppy Joes / Wheat Bun Carrots / Apple Slices	Bean & Cheese Burrito/Brown Rice/ Corn/ Pineapple	
	Graham Crackers / Apple Butter	Cheese Its/ Banana	Vanilla Wafers / Orange Slices	Wheat Crackers / Cheese Cubes	

Organic Milk is served everyday with lunch. Water is served with every meal. Pasta and Bread options are Whole Wheat or Whole Grain. When meat is offered, a vegetarian substitute is provided at parent request.