


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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Lunch PM					1 Wheat Toast w/Jam / Milk Cheese Pizza Cucumber Slices/ Mixed Fruit Cucumber Slices / Hummus
AM Lunch PM	4  School Closed	5 Cheerios / Applesauce Macaroni & Cheese/ Green Peas/ Pineapple Animal Crackers / Cantaloupe	6 Yogurt / Granola Chicken Nuggets /Green Beans Seasoned Rice/ Melon Medley Wheat Crackers / Cheese Sticks	7 Whole Grain Waffle/ Oranges Lentils & Brown Rice/ Cucumbers / Apples Mini Rice Cakes / Yogurt	8 Mini Bagel w/Jam/ Watermelon Sliced Turkey Hummus Tortilla Roll/ Mixed Veggies/ Banana Oyster Crackers / Fruit Smoothies
AM Lunch PM	11 Cereal Bar / Applesauce Fish Nuggets / Broccoli Brown Rice / Pineapple Graham Crackers / Apple Butter	12 Mini Bagel w/Cream Cheese Pasta w/ Turkey Meat Sauce Green Beans / Apple Slices Cheese Its/ Banana	13 Pancake / Banana Turkey Sloppy Joes / Wheat Bun Carrots / Apple Slices Vanilla Wafers / Orange Slices	14 Cheerios / Cantaloupe Chicken/ Zucchini/ Fried Rice Pineapple Wheat Crackers / Cheese Cubes	15 Wheat Toast w/Jam / Milk Bean & Cheese Burrito/Brown Rice/ Corn/ Applesauce Cucumber Slices / Hummus
AM Lunch PM	18 English Muffin / Applesauce Grilled Cheese / Cucumber & Tomato Salad / Cantaloupe Pita Bread / Hummus	19 Cheerios / Watermelon Sliced Turkey Hummus Tortilla Roll/ Cucumbers/ Banana Animal Crackers / Apple Slices	20 Yogurt / Granola Turkey Slider/ Wheat Bun Carrots / Banana Wheat Crackers / Cheese Sticks	21 Whole Grain Waffle/ Oranges Lentils & Brown Rice w/Tomatoes/ Watermelon Mini Rice Cakes / Yogurt	22 Mini Bagel w/Jam/ Applesauce Cheese Pizza/ Cucumber Slices Mixed Fruit Oyster Crackers / Fruit Smoothies
AM Lunch PM	25 Cereal Bar /Applesauce Cheese Ravioli w/ Marinara Green Beans/ Watermelon Graham Crackers / Apple Butter	26 Mini Bagel w/Cream Cheese Chicken/ Zucchini/ Fried Rice Pineapple Cheese Its/ Banana	27 Pancake / Banana Turkey Sloppy Joes / Wheat Bun Carrots / Apple Slices Vanilla Wafers / Orange Slices	28 Cheerios / Cantaloupe Bean & Cheese Burrito/Brown Rice/ Corn/ Pineapple Wheat Crackers / Cheese Cubes	29 Wheat Toast w/Jam / Milk Fish Nuggets / Green Beans Brown Rice / Banana Cucumber Slices / Hummus

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.