

## Tomorrow's Hope Montessori School January 2018 Lunch and Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Lunch PM	1 <b>School will be closed for the Winter Break</b>  <b>Happy New Year!</b>	2 Mini Bagel w/Cream Cheese  Chicken/ Zucchini/ Brown Rice Pineapple  Cheese Its/ Yogurt	3 Yogurt / Granola  Turkey Slider/ Wheat Bun Carrots / Banana  Veggie Stix/ Hummus	4 Whole Grain Waffle/ Oranges  Lentils & Brown Rice/ Mixed Veggies/ Apple Slices  Yogurt/ Graham Crackers	5 Mini Bagel w/Jam/ Applesauce  Cheese Pizza/ Cucumber Slices Mixed Fruit  Oyster Crackers/ Banana
AM Lunch PM	8 English Muffin / Applesauce  Chicken/ Zucchini/ Brown Rice Pineapple  Graham Crackers/ Apple Butter	9 Cheerios / Banana  Turkey Sloppy Joes / Wheat Bun Carrots / Apple Slices  Animal Crackers/ Orange Slices	10 Pancake / Applesauce  Chicken/Broccoli/Pasta/ Pineapple  Vanilla Wafers/ Orange Slices	11 Cheerios / Banana  Cheese Ravioli w/ Marinara Green Beans/ Banana  Wheat Crackers /Cheese Sticks	12 Wheat Toast w/Jam / Milk  Chicken Nuggets/ Green Beans Mixed Fruit  Cucumber Slices/ Hummus
AM Lunch PM	15 <b>School will be closed for Martin Luther King, Jr. Holiday!</b>	16 Cereal Bar / Applesauce  Pasta w/ Turkey Meat Sauce Green Beans / Apple Slices  Cheese Its/ Yogurt	17 Yogurt / Granola  Chicken/Seasoned Rice/Broccoli/Pineapple  Wheat Crackers /Cheese Sticks	18 Whole Grain Waffle/ Oranges  Lentils & Brown Rice/ Mixed Veggies/ Apples  Yogurt / Graham Crackers	19 Mini Bagel w/Jam/ Applesauce  Cheese Pizza/ Cucumber Slices Mixed Fruit  Oyster Crackers/ Banana
AM Lunch PM	22 English Muffin / Applesauce  Fish Nuggets / Broccoli Brown Rice / Pineapple  Graham Crackers/ Apple Butter	23 Cheerios / Banana  Macaroni & Cheese/Green Peas Applesauce  Animal Crackers/ Orange Slices	24 Pancake / Applesauce  Turkey Sloppy Joes / Wheat Bun Carrots / Apple Slices  Vanilla Wafers/ Orange Slices	25 Cheerios / Banana  Chicken/ Zucchini/ Brown Rice Pineapple  Wheat Crackers /Cheese Sticks	26 Wheat Toast w/Jam / Milk  Chicken Nuggets/ Green Beans Mixed Fruit  Cucumber Slices/ Hummus
AM Lunch PM	29 Cereal Bar / Applesauce  Grilled Cheese/ Cucumber Slices Orange Slices  Veggie Stix/ Hummus	30 Mini Bagel w/Cream Cheese  Chicken/ Zucchini/ Brown Rice Pineapple  Cheese Its/ Yogurt	31 Yogurt / Granola  Turkey Slider/ Wheat Bun Carrots / Banana  Wheat Crackers/ Cheese Sticks		

**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.**