

Tomorrow's Hope Montessori School July 2018 Lunch and Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	2 Cereal Bar / Applesauce	3 Mini Bagel w/Cream Cheese	4 THMS CLOSED FOR JULY 4TH HOLIDAY	5 Cheerios / Banana	6 Mini Bagel w/Jam/ Applesauce
Lunch	Cheese Toast/ Carrots Melon	Turkey Slider/ Wheat Bun Corn/Cantaloupe		Sunflower Butter and Jam Sandwich/ Corn/ Apples	Cheese Pizza/ Cucumber Slices Mixed Fruit
PM	Veggie Straws/ Hummus	Oyster Crackers/ Banana		Graham Crackers/ Apple Butter	Vanilla Wafers/ Yogurt
AM	9 English Muffin / Applesauce	10 Cheerios / Banana	11 Pancake / Cantaloupe	12 Whole Grain Waffle/ Apples	13 Wheat Toast w/Jam/ Milk
Lunch	Cheese Ravioli w/ Marinara Green Beans/ Honeydew	Mac & Cheese w/ Broccoli Watermelon	Turkey & Cheese Tortilla Rollups/ Cucumber Slices Bananas	Chicken & Brown Rice Zucchini/ Applesauce	Chicken Nuggets/ Corn Mixed Fruit
PM	Graham Crackers/ Apple Butter	Animal Crackers/ Cantaloupe	Vanilla Wafers/ Fruit	Wheat Crackers /Cheese Sticks	Pita Bread/ Hummus
AM	16 Cereal Bar / Applesauce	17 Mini Bagel w/Cream Cheese	18 Yogurt / Fruit	19 Cheerios / Banana	20 Mini Bagel w/Jam/ Applesauce
Lunch	Cheese Toast/ Carrots Melon	Turkey Melts/ Wheat Bun Cucumber/ Watermelon	Black Bean & Cheese Burritos/ Brown Rice/ Applesauce	Italian Pasta Salad/ Cheese Cubes/ Melon Medley	Cheese Pizza/ Cucumber Slices Mixed Fruit
PM	Veggie Straws/ Hummus	Oyster Crackers/ Banana	Wheat Crackers /Cheese Stick	Graham Crackers/ Apple Butter	Vanilla Wafers/ Yogurt
AM	23 English Muffin / Applesauce	24 Cheerios / Banana	25 Pancake/Cantaloupe	26 Whole Grain Waffle/ Apples	27 Wheat Toast w/Jam/ Milk
Lunch	Fish Nuggets / Green Beans Brown Rice / Honeydew	Sunflower Butter and Jam Sandwich/ Corn/ Applesauce	Cheese Pizza/ Cucumber Slices Mixed Fruit	Turkey & Cheese Tortilla Rollups/ Cucumber Slices Applesauce	Chicken Nuggets/ Corn Mixed Fruit
PM	Graham Crackers/ Apple Butter	Animal Crackers/ Cantaloupe	Vanilla Wafers/Fruit	Wheat Crackers/Cheese Sticks	Pita Bread/ Hummus
AM	30 Cereal Bar / Applesauce	31 Mini Bagel w/ Cream Cheese			
Lunch	Lentils & Brown Rice / Carrots / Melon	Turkey Sloppy Joes / Wheat Bun / Mixed Veggies / Pineapple			
PM	Veggie Straws / Hummus	Oyster Crackers / Banana			

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.