



Hope Montessori Academy

Menu Week 1

Our menu is subject to change due to product availability.
Menu is peanut & tree nut free.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal / Eggs Muffins Fruit / Juice Milk	Bagels & Cr. Cheese Apple chic. Sausage Fruit / Juice Milk	French Toast Sticks Syrup / Turkey Bacon Fruit / Juice Milk	Oatmeal / Yogurt Br. Sugar / Raisins Fruit / Juice Milk	Eggs Biscuits Fruit / Juice Milk
Am Snack	Apple Medley Milk	Graham Crackers w/ Sunflower butter Milk	Oranges Milk	Yogurt Water	Bananas Milk
Lunch	Chicken Noodle Soup Sunflower Butter Sandwich Carrots & Tomatoes Fresh Blueberries/Peaches Milk	Pasta Marinara w/Meat Sauce Italian Salad with Tom. & Cucumbers Mixed Fresh Fruit Milk	Black Beans Rice Salsa/Cheese Corn Cantaloupe Milk	Stir Fry Chicken Rice Noodles Grilled Asian Vegetables Strawberries Milk	Turkey Tacos Salad & Cheese Tomatoes Sour Cream & Salsa Applesauce Milk
Pm Snack	Yogurt Milk	Cheese & Crackers Milk	Homemade Muffins Water	Veggies & Tzatziki Dip Milk	Trail Mix Milk



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Menu Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt Oatmeal / Brown Sugar Raisins Fruit / Juice Milk	Pancakes & Syrup Turkey Bacon Fruit / Juice Milk	Cereal & Eggs Toast / Jelly Fruit / Juice Milk	French Toast Apple Chic. Sausage Fruit / Juice Milk	Eggs Biscuits Fruit / Juice Milk
	Apples Water	Veggies & Ranch Dip Milk	String Cheese Milk	Bananas Juice	Oranges Juice
Lunch	Turkey & Cheese Sandwich Cottage Cheese Fresh Carrots & Cucumber Sticks Mandarin Oranges Milk	Soup du jour Baked Sweet Potato Homemade Bread Watermelon Milk	Mac & Cheese Edamame Mixed Fresh Fruit Milk	Baked Chicken Strips Veggie Nuggets Mashed Potatoes Broccoli Cantaloupe & Honeydew Milk	Pizza Tossed Salad w/ Cucumbers & Tomatoes Peas Strawberries Milk
Pm Snack	Graham Crackers & Sunbutter Milk	Applesauce Milk	Hummus / Pita Br. Milk	Yogurt Milk	Trail Mix with Dried Fruit Milk



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Menu Week 3

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Menu is peanut & tree nut free.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal / Yogurt Scones Fruit / Juice Milk	Mini Waffles / Syrup Turkey Sausage Fruit / Juice Milk	Biscuits & Honey Eggs / Yogurt Fruit / Juice Milk	Pancakes Turkey Bacon Fruit / Juice Milk	Eggs Cinnamon Toast Fruit / Juice Milk
	Applesauce Milk	Yogurt Milk	String Cheese Milk	Bananas Milk	Fresh Pears Milk
Lunch	Turkey Meatball Pasta / Gravy Peas Mixed Fresh Fruit Milk	Homemade Turkey Chili or White Chicken Chili Raw Celery/Carrots w/Curry Dip Cheese Cubes Watermelon Milk	Baked Fish New Potatoes Broccoli & Cauliflower Mangos Milk	Penne Pasta w/Zucchini & Asparagus Cottage Cheese Strawberries Milk	Grilled Chicken Strip Sweet Potatoes Edamame Fresh Peaches Milk
Pm Snack	Tropical Fruit Cups Milk	Homemade Muffins Milk	Fig Bars Milk	Cream Cheese & Mini Bagels Milk	Applesauce Milk