



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
<b>Breakfast</b>	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
<b>Am Snack</b>	Apple Medley Milk	Fresh Berries Milk	Oranges Milk	Yogurt w/ Fruit Water	Bananas Milk
<b>Lunch</b>	Chicken Noodle Soup Sunflower Butter Sandwich Carrots & Tomatoes Applesauce Milk	Pasta Marinara w/Meat Sauce Italian Salad with Tom. & Cucumbers Mixed Fresh Fruit Milk	Black Beans Rice Salsa/Cheese Corn Cantaloupe Milk	Pulled Chicken Brown Rice & Quinoa Grilled Vegetables Strawberries Milk	Turkey Tacos Salad & Cheese Tomatoes Sour Cream & Salsa Mangos Milk
<b>Pm Snack</b>	Yogurt Milk	Cheese & Crackers Milk	Homemade Muffins Water	Veggies & Ranch Dip Milk	Fresh Fruit Milk



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# Menu Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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	Oranges Milk	String Cheese Milk	Bananas Juice	Fresh Fruit Juice
<b>Lunch</b>	Turkey & Cheese Sandwich Cottage Cheese Fresh Carrots & Cucumber Sticks Mandarin Oranges Milk	Soup du jour Baked Sweet Potato Homemade Bread Watermelon Milk	Mac & Cheese Broccoli Mixed Fresh Fruit Milk	Baked Chicken Strips Veggie Nuggets Mashed Potatoes Corn Cantaloupe & Honeydew Milk	Pizza Tossed Salad w/ Cucumbers & Tomatoes Peas Strawberries Milk
<b>Pm Snack</b>	Fresh Fruit Milk	Applesauce Milk	Hummus / Pita Br. Milk	Yogurt Milk	Fresh Fruit Milk

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	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
<b>Lunch</b>	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 Edamame Mangos Milk	Chicken Fajitas Grilled Peppers Cheese Sauce Strawberries Milk	Cheese Tortellini Grilled Vegetables Fresh Baked Apple Slices Milk
<b>Pm Snack</b>	Fresh Fruit Milk	Cream Cheese & Mini Bagels Milk	Veggies Milk	Homemade Muffins Milk	Applesauce Milk