

Hope Montessori Infant and Toddler Menu

	Breakfast	Morning Snack	Lunch	Afternoon Snack
<i>Week 1</i> Monday <i>Week 2</i>	French Toast Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Spinach Quesadilla Tossed Salad Watermelon Milk	Natural Yogurt with fruit
			Whole Grain Spaghetti Tossed Salad Cottage Cheese Watermelon Milk	
<i>Week 1</i> Tuesday <i>Week 2</i>	Oatmeal Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Homemade Soup Homemade Bread Cantaloupe and Honeydew Melon Milk	Homemade Hummus with Pita Milk
<i>Week 1</i> Wednesday <i>Week 2</i>	Scrambled Eggs Homemade Bread Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Red Beans Brown Rice Spinach Corn Bread Pineapple Milk	Graham Crackers w/ Sunflower butter Milk
			Black Beans Brown Rice Shredded Cheese Cooked Carrots Pineapple Milk	
<i>Week 1</i> Thursday <i>Week 2</i>	Natural Yogurt/w fruit Homemade Whole Grain Muffins Milk	Individual Snack prepared by the children (fresh fruit)	Pasta w/ Homemade Alfredo Sauce Broccoli Italian Bread Strawberries Milk	Trail Mix Milk
	Whole Grain Pancakes Fruit Milk		Homemade Multigrain Macaroni & Cheese Broccoli Strawberries Milk	
<i>Week 1</i> Friday <i>Week 2</i>	Whole Wheat Bagels with Cream Cheese Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Homemade Pizza Tossed Salad Baked Apples Milk	Homemade Whole Grain Fruit Muffins Milk
			Baked Fish Fillet New Potatoes Grilled Asparagus Baked Apples Milk	

Note: Menu contains no nuts, no pork. Vegetarian is always available