

Hope Montessori Infant and Toddler Menu

	Breakfast	Morning Snack	Lunch	Afternoon Snack
Week 1 Monday Week 2	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	
Week 1 Tuesday Week 2	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
Week 1 Wednesday Week 2	Scrambled Eggs Homemade Bread Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Red Beans & Rice Spinach Corn Bread Pineapple Milk	Graham Crackers w/ Sunflower butter Milk
			Black Beans & Rice Shredded Cheese Cooked Carrots Pineapple Milk	
Week 1 Thursday Week 2	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	
Week 1 Friday Week 2	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