

Our menu is subject to change due to product availability

Menu is peanut & nut free



Hope Montessori Academy

Menu WEEK 1

SUMMER

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Yogurt Muffins Fruit / Juice Milk	French Toast Turkey Bacon Fruit / Juice Milk	Cereal / Eggs Cinnamon Toast Fruit / Juice Milk	Bagels & Cream Cheese Fruit / Juice Milk	Eggs Biscuits Fruit / Juice Milk
AM SNACK	Apples Milk	Yogurt Water	Mango Milk	Bananas Milk	Veggies / Hummus water
LUNCH	Turkey & Cheese Sand Edamame Cottage cheese Cantelope Milk	Penne Pasta Salad w/Spinach & Tomatoes Broccoli Mix Fresh Fruit Milk	Baked Chicken Mixed Asian Veg Brown Rice Applesauce Milk	Pizza Pasta House Salad Strawberries Milk	Quesadillas Spanish Rice Peas&Carrots Cantelope & Honeydew Milk
PM SNACK	Oranges Water	Cheese & Crackers Water	Muffins Milk	Snack Mix Milk	Applesauce Cups Water

Our menu is subject to change due to product availability

Menu is peanut & nut free



Menu Week 2

SUMMER

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal Scones Fruit / Juice Milk	French Toast Syrup / Jam Fruit / Juice Milk	Biscuits & Honey Eggs & Yogurt Fruit / Juice Milk	Pancakes Apple Chick Sausage Fruit / Juice Milk	Eggs Cinnamon Toast Fruit / Juice Milk
AM SNACK	Oranges Water	Graham Cracker Milk	Veggies & Hummus Water	String Cheese Water	Yogurt Milk
LUNCH	Black Beans & Brown Rice, Salsa Cheese & Corn Pears Milk	Tomato Soup Grilled Cheese Sand. Veggies Mix Fruit Milk	Pasta/ Marinara Meat Sauce Green Beans Watermelon Milk	Chicken Tenders Mashed Potatoes Broccoli Strawberries Milk	Turkey Tacos Salad & Cheese Tomatoes & Beans Sour Cream & Salsa Mango/Milk
PM SNACK	Apple Slices Milk	Cheese/Crackers Water	Applesauce Milk	Bananas Water	Pears Water

Our menu is subject to change due to product availability

Menu is peanut & nut free



Menu Week 3

SUMMER

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal / Eggs Muffins Fruit / Juice Milk	Pancakes & Syrup Fruit / Juice Milk	Cereal Toast / Jelly Fruit / Juice Milk	Waffles Turkey Sausage Fruit / Juice Milk	Eggs Biscuits Fruit / Juice Milk
AM SNACK	Oranges Water	Veggies Dip Milk	Muffins Water	Bananas Milk	Apples Water
LUNCH	Mac & Cheese Peas & Carrots Mandarin Oranges Milk	BBQ Chicken Sliders Roasted Veggies Baked Beans Mixed Fruit Milk	Sunflower Butter Sandwich Tom./Carrots/Celery & Dip / Cantelope Milk	Turkey Burgers/Bun Roasted Potatoes Corn Fresh Fruit Milk	Cheese Ravioli w/Sauce Broccoli Watermelon Milk
PM SNACK	Fig Bars Milk	Frozen Fruit Bars Water	String Cheese Juice	Yogurt Water	Trail Mix Milk