



Hope Montessori Academy
2022-2023

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 / Egg Bake Fruit / Juice Milk	Bagels & Cr. Cheese Turkey Sausage Fruit / Juice Milk	Waffles / Syrup Fruit / Juice Milk	Oatmeal / Yogurt Br. Sugar / Raisins Fruit / Juice Milk	Eggs Biscuits /Honey Turkey Bacon Fruit / Juice Milk
Am Snack	Apple Medley Milk	Yogurt w/Fruit Water	Fresh Berries Milk	Oranges Milk	Bananas Milk
Lunch	Chicken Noodle Soup Sunflower Butter Sandwich Carrots & Tomatoes Applesauce Milk	Black Beans Rice Salsa/Cheese Corn Cantaloupe Milk	Pasta Marinara w/Meat Sauce Italian Salad w Tom. & Cucumbers Mix Fruit Milk	Pulled Chicken Brown Rice & Quinoa Grilled Vegetables Strawberries Milk	Pizza Tossed Salad Cucumbers & Tomatoes Mix Fruit Milk
Pm Snack	Yogurt Milk	Cheese & Crackers Milk	Homemade Muffins Water	Pita Bites & Dip Milk	Fresh Fruit Milk



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Menu Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Yogurt Fruit / Juice Milk	Egg & Cheese Wrap Turkey Bacon Fruit / Juice Milk	Oatmeal / Raisins & Brown Sugar Yogurt Fruit / Juice Milk	Waffles / Syrup Turkey Sausage Fruit / Juice Milk	Eggs Biscuits Fruit / Juice Milk
Am Snack	Apples Water	Oranges Milk	String Cheese Milk	Bananas Juice	Fresh Fruit Juice
Lunch	Turkey & Cheese Sandwich Cottage Cheese Fresh Carrots & Cucumber Sticks Mandarin Oranges Milk	Baked Chicken Strips Veggie Nuggets Mashed Potatoes /gravy Corn Cantaloupe Milk	Soup du jour Salad Homemade Bread Watermelon Milk	Mac & Cheese Broccoli Mixed Fruit Milk	Turkey Tacos Salad & Cheese Tomatoes Sour Cream & Salsa Mangos Milk
Pm Snack	Fresh Fruit Milk	Strawberry Applesauce Milk	Hummus / Pita Bites Milk	Yogurt Milk	Fresh Fruit Milk



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Menu Week 3

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	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 Bake Cinnamon Toast Fruit / Juice Milk
Am Snack	Applesauce Milk	Yogurt Milk	String Cheese Milk	Bananas Milk	Fresh Pears Milk
Lunch	Turkey Meatball Pasta / Gravy Peas Mixed Fresh Fruit Milk	Chicken Fajita Grilled peppers Shredded Cheese Strawberries Milk	Baked Fish New Potatoes or Sweet Potatoes Edamame Mangos Milk	Homemade Chili or White Chicken Chili Raw Celery/Carrots w/Curry Dip Cheese Cubes Watermelon Milk	Cheese Tortellini /W Pesto Grilled Vegetables Fresh Baked Apple Slices Milk
Pm Snack	Fresh Fruit Milk	Veggies Milk	Cream Cheese & Mini Bagels Milk	Homemade Muffins Milk	Granola Milk