

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	Applesauce Cups Water
LUNCH	Turkey/Cheese Sand. Edamame Cottage cheese Cantelope Milk	Penne Pasta Salad w/Spinach/Tomatoes Broccoli Mix Fresh Fruit Milk	Chicken Strips Mixed Asian Veg Brown Rice Applesauce Milk	Pizza House Salad Strawberries Milk	Chic & Cheese Taquito Spanish Rice Gr. Beans Cantelope & Honeydew Milk
PM SNACK	Oranges Water	Cheese & Crackers Water	Muffins Milk	Snack Mix Milk	fruit smoothie Water

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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	Yogurt&Gronola Water	String Cheese Water	pears Milk
LUNCH	Tonato Soup Grilled Cheese Sand. Veggies Mix Fruit Milk	Black Beans & Brown Rice & Salsa Cheese & Corn Pears Milk	Pasta/ Marinara Meat Sauce Sugar Snap Peas 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	Fruit Smoothie Water

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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	Trail Mix Water
LUNCH	Mac & Cheese Peas & Carrots Mandarin Oranges Milk	Chicken Fajita Grilled Peppers Black Beans/Refried Mixed Fruit Milk	Sunflower Butter Sandwich Tom./Carrots/Celery & Dip / Cantelope Milk	Turkey Meatball 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	Fruit Smoothie Water