



Hope Montessori Academy
2023-2024

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 Peaches Milk	Pulled Chicken Brown Rice & Quinoa Grilled Vegetables Strawberries Milk	Pizza Tossed Salad Cucumbers & Tomatoes Pineapples 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 Applesauce 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 Cantaloupe & Honeydew 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