

Hope Montessori 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 Refried Beans Tossed Salad Watermelon Milk	Homemade Apple Cinnamon Muffins
			Whole Grain Spaghetti Cottage Cheese Peas & Carrots Watermelon Milk	
Tuesday	Oatmeal Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Homemade Soup Homemade Bread Cantaloupe and Honeydew Melon Milk	Homemade Hummus with Pita
Week 1 Wednesday Week 2	Scrambled Eggs Homemade Bread Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Pinto Beans & Rice Spinach Corn Bread Pineapple Milk	Graham Crackers w/ Sunflower butter
			Black Beans & Rice Shredded Cheese Cooked Carrots Pineapple Milk	
Week 1 Thursday Week 2	Yogurt w/ fruit Homemade Apple Cinnamon Muffins Milk	Individual Snack prepared by the children (fresh fruit)	Pasta w/ Homemade Alfredo Sauce Broccoli Italian Bread Strawberries Milk	Trail Mix
			Cheese Tortellini w/ Marinara Sauce Broccoli Strawberries Milk	
Week 1 Friday Week 2	Whole Grain Pancakes Fruit Milk	Individual Snack prepared by the children (fresh fruit)	Homemade Pizza Peas & Carrots Baked Apples Milk	Oatmeal Cookies
			Baked Fish Fillet Mashed Potatoes Green Beans Baked Apples Milk	

Note: Menu contains no nuts, no pork. Vegetarian is always available.