

# Early World Montessori Sample Menu

## Monday

Honey/lemon chicken  
Brown rice  
Broccoli florettes  
Carrot sticks  
Orange slices  
Milk

## Tuesday

Grilled cheese sandwiches  
Tomato soup  
Peach slices  
Sour cream & salsa dip  
Milk

## Wednesday

Veggie chili with cheese  
Cornbread muffins  
Apple slices  
Milk

AM Pita bread & Hummus  
Milk

PM String cheese  
Apple slices  
Water

4:30 Animal crackers  
Milk

AM Veggies & dip  
Water

PM Tortilla Corn Chips  
Water

4:30 Cereal Mix, Milk

AM Hard boiled eggs,  
Orange slices, Water

PM Graham crackers  
Milk

4:30 Popcorn, raisins Water

## Thursday

Spaghetti w/ground turkey meatballs  
Garlic toast  
Salad  
Milk

## Friday

Bean & cheese burritos  
Carrot sticks  
Celery sticks  
Apple slices  
Milk

AM String cheese  
Apple slices, Water

PM Orange slices  
Pretzels, Water

4:30 Animal crackers, Milk

AM Yogurt & granola  
Water

PM Goldfish  
Orange slices, Water

4:30 Fig Newtons, Milk

