



Montessori Academy Scott Blvd.

Organic Menu

January 21 to January 24

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative additional food (optional)		Milk Strawberry sweet potato pancakes and fresh fruit	Milk Blueberry yogurt parfait with carrots and granola	Milk Chocolate sweet potatoes pancakes and fresh fruit	Milk Zucchini bread w/ carrots, apples and fresh fruit
AM Snack	Choose 2 of these 4 Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative Meat and/or meat alternative		Sunbutter and banana muffins w/ carrots and fresh fruit	Oatmeal fruit bars w/ strawberry and spinach and fresh fruit	Vegetable platter w/ bell pepper, cucumber and celery	Sunbutter and banana muffins w/ carrots and fresh fruit
Lunch	Fluid Milk Meat and/or meat alternative Bread or equivalent Vegetable or fruit Vegetable or fruit Additional food (optional)		Milk Tacos w/ turkey, rice and black beans, corn, and spinach	Milk Vegetarian chili w/ sweet potato and couscous	Milk Pita pizza w/ spinach and chicken	Milk Macaroni and cheese w/ butternut squash and peas
PM Snack	Choose 2 of these 4 Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative Meat and/or meat alternative		Zucchini bread w/ carrots, apples and fresh fruit	Blueberry lemon flax cookies and fresh fruit	Oatmeal fruit bars w/ strawberry and spinach and fresh fruit	Snack mix and fresh fruit