# Montessori Academy Menu

Date:\_\_\_ October 5 – October 9

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM Snack | Snack Mix  Raisins  Milk | Goldfish  Bananas  Milk | Graham Crackers  Apples  Milk | Sun chips  Applesauce  Milk | Snack Crackers  Raisins  Milk |
| Lunch | Vegetarian Baked Spaghetti with Zucchini, Bell peppers, and Kale  Fruit  Milk | Taco Tuesday with ground turkey, cheese, spinach, rice and beans  Fruit  Milk | Turkey and Cheese Hummus Wraps with Spinach  Fruit  Milk | Quinoa Stir-fry with Chicken, Broccoli, and mixed vegetables  Milk  Fruit | Broccoli and cheese pasta with chickpeas and acorn squash  Fruit  Milk |
| PM Snack | Sun chips  Carrot Sticks | Snack Crackers  Applesauce | Goldfish  Baby Carrots | Graham crackers  Bananas | Snack Mix  Raisins |