

Richmond Hill Montessori

April Week 2 & 4 Lunch Menu

	Breakfast	A.M. Snack	Lunch	P.M. Snack
Monday 8 th 22 nd	Whole Grain Cereal Milk Water	Trail Mix Water	Fish Sticks Mixed Veggie Brown Rice Milk *Veg. Fish Fillets	Chocolate Graham Crackers Water
Tuesday 9 th 23 th	Whole Grain French Toast Sticks Milk Water	Vanilla Wafers Water	Spaghetti W/ Marinara Green Beans Apple Slices Milk	Cinnamon Corn Bread Water
Wednesday 10 th 24 th	Whole Grain Cereal Milk Water	Vanilla Yogurt Water	Grilled Cheese Tomato Soup Mandarin Oranges Milk	Caramel Rice Cakes Water
Thursday 11 th 25 th	Whole Grain French Toast Sticks Milk Water	Banana Water	French Toast Turkey Sausage Applesauce Milk *Veggie Nuggets	Fruit Snacks Water
Friday 12 th 26 th	Whole Grain Cereal Milk Water	Banana Bread Water	Cheese Quesadillas Organic Cucumbers W/ Ranch Pretzels Milk	Ritz Crackers Cheese Water