

# Richmond Hill Montessori

## March Week 1 & 3 Lunch Menu

	<b>Breakfast</b>	<b>A.M. Snack</b>	<b>Lunch</b>	<b>P.M. Snack</b>
<b>Monday</b> 4 <sup>th</sup> 18 <sup>th</sup>	Whole Grain Cereal  Milk Water	Vanilla Yogurt  Water	Bosco Sticks Tomato Sauce Corn Peaches Milk	Caramel Rice cakes  Water
<b>Tuesday</b> 5 <sup>th</sup> 19 <sup>th</sup>	Whole Grain Pancakes  Milk Water	Vanilla Wafers  Water	Chicken Nachos Shredded Cheese Salsa Pinto beans Applesauce  Milk *Veg. Cheese Nachos	Banana Bread  Water
<b>Wednesday</b> 6 <sup>th</sup> 20 <sup>th</sup>	Whole Grain Cereal  Milk Water	Orange Slice  Water	Grilled Cheese Tomato soup Pineapple  Milk *Veg. Sausage	Pretzels  Water
<b>Thursday</b> 7 <sup>th</sup> 21 <sup>st</sup>	Whole Grain Pancakes  Milk Water	Cheese Slices & Ritz Crackers  Water	Chicken Nuggets Ketchup/Ranch Mashed Potatoes Apple Slices  Milk	Honey Graham Crackers  Water
<b>Friday</b> 8 <sup>th</sup> 22 <sup>nd</sup>	Whole Grain Cereal  Milk Water	Honey Teddy Grahams  Water	Cheese Quesadillas Salsa Veggie Straws Mixed Fruit  Milk	Jelly Fold Over Sandwich  Water