

Richmond Hill Montessori

March Week 1 & 3 Lunch Menu

	Breakfast	A.M. Snack	Lunch	P.M. Snack
Monday 2 nd 16 th	Whole Grain Cereal Milk Water	Vanilla Yogurt Water	Nachos W/ Cheese Sauce Refried Beans Mixed Fruit Milk	Caramel Rice cakes Water
Tuesday 3 rd 17 th	Whole Grain Pancakes Milk Water	Vanilla Wafers Water	Spaghetti Marinara Sauce Green Beans Peaches Milk	Banana Bread Water
Wednesday 4 th 18 th	Whole Grain Cereal Milk Water	Orange Slice  Water	Grilled Cheese Tomato Soup Apple Sauce Milk	Pretzels Water
Thursday 5 th 19 th	Whole Grain Pancakes Milk Water	Cheese Slices & Ritz Crackers Water	Chicken Nuggets Ketchup/Ranch Jasmine Rice Mixed Veggie Milk	Honey Graham Crackers Water
Friday 6 th 20 th	Whole Grain Cereal Milk Water	Honey Teddy Grahams Water	Cheese Quesadillas Salsa Veggie Straws Carrot Chips Ranch Milk	Jelly Fold Over Sandwich  Water