

# Richmond Hill Montessori

## December 2021 Menu

	Breakfast	A.M. Snack	Lunch	P.M. Snack
<b>Monday</b>	Whole Grain Cereal Milk Water	Muffins  Water	Fish Sticks Fresh Mixed Veg. Pears Milk Water	Chocolate Teddy Grahams Water
<b>Tuesday</b>	Whole Grain Pancakes Milk Water	Bananas  Water	Bosco Sticks Marinara Sauce Green Beans Peaches Milk	Cinnamon Toast crunch Water
<b>Wednesday</b>	Whole Grain Cereal Milk Water	Carrots chips w/ ranch Water	Mini Turkey Corn Dogs Pineapple Broccoli *Veg. Sausage	Mozzarella Cheese Sticks Water
<b>Thursday</b>	Whole Grain Pancakes Milk Water	Mini Pretzel twist Water	Popocorn Chicken Corn Mixed fruits Milk	Tortilla Chips Water
<b>Friday</b>	Whole Grain Cereal Milk Water	Red apples slices Water	Cheese Pizza Carrots Chips Applesauce Water/ Milk	Vanilla Yogurt Water