






Richmond Hill Montessori

January 2022 Menu

	Breakfast	A.M. Snack	Lunch	P.M. Snack
Monday	Whole Grain Cereal Milk Water	Vanilla Waffers cookie  Water	Chicken taquitos Fresh Mixed Veg. Peaches Milk Water	Animal crackers Water
Tuesday	Whole Grain Pancakes Milk Water	Cantaloupe Chunks Water	Cinnamon French Toast Oranges Turkey Sausages Milk	Cinnamon Toast crunch  Water
Wednesday	Whole Grain Cereal Milk Water	Tortilla Chips  Water	Pizza Rolls Veggies Straws Green Beans Milk/ Water	Mozzarella Cheese Sticks Water
Thursday	Whole Grain Pancakes Milk Water	Scooby-Doo Cinnamon Crackers Water	Chicken Nuggets Corn Mixed fruits Milk	Strawberry Yogurt Water 
Friday	Whole Grain Cereal Milk Water	Ritz Crackers  Water	Macaroni & Cheese Baby Carrots Applesauce Water/ Milk	Veggies Straws Water