

Richmond Hill Montessori

DECEMBER 2022 Menu

	Breakfast	A.M. Snack	Lunch	P.M. Snack
Monday	Whole Grain Waffles Milk Water	Ritz Crackers Wow Butter Water	Fish sticks Green Beans Mixed Fruit Water/Milk *Veg. Option	Caramel Rice Cakes Water
Tuesday	Whole Grain Pancakes Milk Water	Apple Sauce Pouch Water	Chicken Taquitos Corn Pineapple Water/Milk *Veg. Option	Chocolate Teddy Grahams Water
Wednesday	Whole Grain Waffles Milk Water	Cheez-It Water	Whole Grain French Toasts w/ Syrup Turkey Sausage Mandarin Orange Water/Milk *Veg. Sausage	Fruit Cups Water
Thursday	Whole Grain Pancakes Milk Water	Nutri-Grain Bars Water	Chicken Nuggets Mixed Veggies Applesauce Water/Milk *Veg. Option	Vanilla Wafers Water
Friday	Whole Grain Waffles Milk Water	Pretzels Sticks Water	Cheese Pizza Rolls Peaches Peas Water/ Milk	Yogurt Water