



# Richmond Hill Montessori



## January 2024 Lunch Menu

	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	<b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Vegetable Fried Rice Spring Rolls Blueberries Milk/Water	<b>Breakfast:</b> Waffles <b>Lunch:</b> Turkey Meatballs w/Marinara Sauce Green Beans, Mixed Fruit	<b>Breakfast:</b> Pancakes <b>Lunch:</b> Cheese Quesadilla Veggie Straws Pineapple Milk/Water	<b>Breakfast:</b> Cereal <b>Lunch:</b> Mini Turkey Corn Dogs Green Beans Mixed Fruit Milk/Water
<b>Tuesday</b>	<b>Breakfast:</b> Pancakes <b>Lunch:</b> Pizza Rolls Mixed Veg. Peaches Milk/Water	<b>Breakfast:</b> Cereal <b>Lunch:</b> Chicken Nuggets Broccoli Apple Sauce Water/Milk	<b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Mini Turkey Corn Dogs Green Beans Mixed Fruits Milk/Water	<b>Breakfast:</b> Waffles <b>Lunch:</b> French Toast Sticks Corn Oranges Milk/Water
<b>Wednesday</b>	<b>Breakfast:</b> Waffles <b>Lunch:</b> Bosco Sticks Carrot Slices Pineapple Milk/Water	<b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Fish Sticks Veggie Straws Peaches Water/Milk	<b>Breakfast:</b> Pan cakes <b>Lunch:</b> Chicken Nuggets Peaches Corn Milk/Water	<b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Turkey/Cheese Sandwich Broccoli Peaches Milk/Water
<b>Thursday</b>	<b>Breakfast:</b> Pancakes <b>Lunch:</b> Chicken Nuggets Corn Apple Sauce Water/Milk	<b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> French Toast Sticks Turkey Sausage Corn Oranges Water/Milk	<b>Breakfast:</b> Cereal <b>Lunch:</b> Pizza Rolls Broccoli Oranges Milk/Water	<b>Breakfast:</b> Waffles <b>Lunch</b> Mac & Cheese Mixed Vegetables Blueberries Milk/Water
<b>Friday</b>	<b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Chicken/ Cheese Sandwich Peas Mixed Fruit Water/Milk	<b>Breakfast:</b> Cereal <b>Lunch</b> Mac & Cheese Peas Blueberries Milk/Water	<b>Breakfast:</b> Waffles <b>Lunch:</b> Mac & Cheese Peas Blueberries Milk/Water	<b>Breakfast:</b> Pan cakes <b>Lunch:</b> Cheese Quesadilla Veggie Straws Apple Sauce Milk/Water