



# Menu July 2020



**STREAM**  
MONTESSORI SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Fruit & Veggie	Pancakes	Oatmeal with diced apples	Egg, Cheese Veggie Omelet	Banana Cereal Cup	Cheesy Baked Egg Toast
<b>Lunch</b> Fruit, Veggie & Carb	Chicken Cutlet Hero	Baked (Rosted) Sweet Potato	Chicken (Veggie) noodle Soup	Veggie / Chicken quesadilla	Hummus and Veggie Bread
<b>PM Snack</b> Fruit & Veggie	Veggie Sticks, cheese crackers	Banana /Bread dipped in Chocolate	Fruit /Veggie Smoothie and crackers	Celery with peanut butter and raisins	Baked Sweet Potato

**Vegetables:** Pepper, Broccoli, Cucumber, Celery, Tomatoes, Carrots, Spinach, Mushroom, Radish, Lettuce, Bean Sprout, Green Beans

**Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup, Papaya

**Carbs:** Pasta, Rice, Bread, Bagels, Tortillas, Sweet Potatoes, Potatoes, Corn Bread, Corn

**Proteins:** Beans, Tofu, Meat, Eggs, Cheese

**Note: We encourage children to try variety of food. Yet, we provide alternative option if children do not eat the meal in the menu.**



# Menu June 2020



**STREAM**  
MONTESSORI SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Fruit & Veggie	Pancakes	Oatmeal with diced apples	Egg & Cheese Waffles	Cereal and fruit cup	Corn Bread
<b>Lunch</b> Fruit & Veggie Carbs	Chicken Nugget w Rice	Peanut Butter Banana Sandwich	Roasted Sweet Potato Soup	Chicken (Veggie ) Lasagna	Sweet Potato Cheese Ravioli
<b>PM Snack</b> Fruit & Veggie	Veggie Sticks, cheese Corn Bread	Veggie dipped in Chocolate, bread	Fruit /Veggie Smoothie and crackers	Veggie, Baked Sweet potato	Fruit salad & Crackers

**Vegetables:** Pepper, Broccoli, Cucumber, Celery, Cherry Tomatoes, Carrots, Spinach, Mushroom, Radish, Lettuce, Bean Sprout, Green Beans, Corn

**Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup

**Carbs:** Pasta, Rice, Bread, Bagels, Tortillas, Sweet Potatoes, Corn Bread

**Proteins:** Beans, Tofu, Meat, Eggs, Cheese

**Note:** We encourage children to try variety of food. Yet, we provide alternative option if children do not eat the meal in the menu.

# Menu March 2020



	Monday	Tuesday	Wednesday	Thursday	Friday	Alternate Option
Breakfast Fruit & Veggie	French Toast	Oatmeal with diced apples	Hard Boil Eggs / omelet	Cereal	Pancakes	Cereal
Lunch Fruit, Veggie & Carb	Chicken Cutlet	Peanut Butter Jelly Sandwich	Macaroni Cheese	Chicken Nugget	Pasta with Meat Sauce	Pasta Beans Cheese Tofu Rice or Bread
Afternoon Snack Fruit & Veggie	Hummus with Veggie Sticks	Banana dipped in Chocolate	Fruit Salad	Hummus with Bread	Cheese and Crackers	Crackers

**Vegetables:** Pepper, Broccoli, Cucumber, Celery, Cherry Tomatoes, Carrots, Spinach, Mushroom, Radish, Lettuce, Bean Sprout, Green Beans

**Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup

**Carbs:** Rice, Bread, Bagels, Tortillas, Sweet Potatoes, Corn Bread, Corn

**Proteins:** Beans, Tofu, Meat, Eggs, Cheese

# Menu February 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Backup
<b>Breakfast</b>	French Toast with fresh Fruit	Oatmeal with diced apples	Pancakes	Cereal	Breakfast Bread (Banana Zucchini Corn)	Cereal
<b>Lunch</b>	Chicken sandwich	Pasta with Broccoli	Chicken noodle Soup	Veggie Patties	Mac and Cheese	Beans, cheese, tofu, bread, & rice
<b>Afternoon Snack</b>	Hummus with Celery and Carrots	Avocado with Toast	Cheese and crackers	Hummus with sliced whole wheat bread	Fruit Salad	Crackers

**Vegetables:** Pepper, Broccoli, Celery, Cherry Tomatoes, Carrots, Potatoes, Spinach, Corn, Mushroom, Radish, Lettuce, Sprout, Green Bean

**Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup

**Carbs:** Rice, Bread, Bagels, Tortillas, Sweet Potatoes, Corn Bread

**Proteins:** Beans, Tofu, Chicken, Beef, Eggs

# Menu January 2020



**STREAM**  
MONTESSORI SCHOOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Backup
Morning Snack	Waffles	Oatmeal with diced apples	Pancakes	Cereal	Burrito with egg, cheese, & vegetables	Cereal
Lunch	Roasted Chicken with rice	Grill Cheese	Pasta with mini Beef Tomato sauce	Quesadilla with beans, chicken, cheese, rice	Sweet Potato Soup w Sour Cream, bread	Beans, cheese, tofu, bread, & rice
Afternoon Snack	Hummus with Celery and Carrots	Avocado with Corn Bread	Cheese and crackers	Hummus with sliced whole wheat bread	Fruit Salad	Crackers

**Vegetables:** Pepper, Broccoli, Celery, Cherry Tomatoes, Carrots, Potatoes, Spinach, Corn, Mushroom, Radish, Lettuce, Sprout, Green Bean

**Fruits:** Melon, Apple, Avocado, Pineapple, Bananas, Strawberries, Blueberries, Kiwi, Mango, Oranges, Cantaloup

**Carbs:** Rice, Bread, Bagels, Tortillas, Sweet Potatoes, Corn Bread

**Proteins:** Beans, Tofu, Chicken, Beef, Eggs