

North Tacoma Montessori Center, LLC  
Monthly Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Spice Muffins, Apple Slices	Toast*, Orange Slices	Cheerios, Bananas	Oatmeal, Blueberries	Life Cereal, Strawberries
Lunch	Chicken Salad Sandwiches*, Carrots, Pears	Ham Mac & Cheese, Peas, Apple slices	Egg Drop Soup with mixed vegetables, Bread with butter, Pineapple	Chicken Nuggets*, French fries, Cantaloupe	Spaghetti with meat sauce, green beans, bread* and butter
Snack	Cheese Slices, Ritz	Apple Slices, Club crackers	Honeydew Melon, Wheat Crackers*	Pretzels, Watermelon	Trail Mix, Orange Juice
<b>Week 2</b>					
Breakfast	Granola Bars, Blueberries	French Toast*, Strawberries,	Chex Cereal, Orange Slices	Scrambled Eggs, Roasted Potatoes	English Muffins*, Apple slices
Lunch	Chicken Caesar Salad, Saltine crackers, pears	Yogurt, Pineapple, Cucumber, Pita slices	Grilled Cheese*, Tomato Soup, Green beans	Turkey Sandwiches*, Carrots, Cantaloupe, Milk	Pepperoni Pizza, Carrots, Bananas, Ranch
Snack	Goldfish, Celery, Water	Graham Crackers, Milk	Seasonal Fresh Veggies, Ranch, Saltines	Cheese sticks, Club crackers,	Vanilla Wafers, Milk
<b>Week 3</b>					
Breakfast	Hard Boiled Eggs, Watermelon	Waffles*, Blueberries	Biscuits, oranges	Cheerios, apple slices	Pancakes*, Bananas
Lunch	Fish sticks, Tater tots, pears, rolls*	Cottage Cheese, pineapple, cucumbers, pita strips	Hot dogs on a bun, carrots, cantaloupe	Chicken Alfredo, mixed veggies, honeydew melon,	Chicken Noodle Soup with mixed veggies, apple slices, milk
Snack	Cheese its, Apple juice	Cornbread	Goldfish, Carrots with ranch, water	Wheat Crackers*, Cheese	Animal Crackers, Milk
<b>Week 4</b>					
Breakfast	Raisin Bran, Bananas	Toast*, Grapefruit	Egg Souffle, Milk	Muffins, Banana slices	Zucchini Bread, Milk
Lunch	Lasagna, Green Beans, rolls*	Tuna Sandwiches, broccoli, orange slices	Hummus and pita bread*, carrots, pears	Chicken Nuggets, French Fries, Cantaloupe	Cheese Quesadillas, Peas & Carrots, Honeydew, Milk
Snack	Pretzels, Cheese Slices	Jell-O Salad, Water	String Cheese, Ritz Crackers	Goldfish, Celery	Cheese its, milk
<b>Week 5</b>					
Breakfast	Raisin Toast* & Apple Slices,	Oatmeal, Blueberries,	Cheerios, Bananas,	Granola Bars, Cantaloupe,	Waffles, Pears,
Lunch	Tortilla chips, black beans, cheese, corn,	Beef gravy, mashed potatoes, rolls*, broccoli,	Chef Salad, Rolls*, Orange slices,	Spanish Rice, Corn, Black Beans, Bananas,	Sloppy Joes on a bun*, carrot with ranch, apple slices,
Snack	Goldfish, celery	Kix, Mandarin Orange	Seasonal Fresh Veggies with Ranch, Ritz	Chips, Salsa, Tods: Graham Crackers, Milk	Vegetable Straws, Milk

\*\* Whole grain enriched

Milk served with breakfast and lunch

Whole Milk – Ages 1-2

Fat Free Milk – Ages 3-5

Water always accessible