



Montessori Academy Scott Blvd.

Organic Menu

March 9 to March 13

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative additional food (optional)	Milk Oatmeal granola bars with dates, sunbutter, and banana chips and fresh fruit	Milk Mango pancakes and fresh fruit	Milk Strawberry butternut squash loaf and fresh fruit	Milk Mango pancakes and fresh fruit	Milk Blueberry sweet potato bread and fresh fruit
AM Snack	Choose 2 of these 4 Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative Meat and/or meat alternative	Strawberry butternut squash loaf and fresh fruit	Blueberry sweet potato bread and fresh fruit	Veggie platter with cucumbers, celery, and bell pepper	Oatmeal cookies with granola and golden raisins and fresh fruit	Oatmeal granola bars with dates, sunbutter, and banana chips and fresh fruit
Lunch	Fluid Milk Meat and/or meat alternative Bread or equivalent Vegetable or fruit Vegetable or fruit Additional food (optional)	Milk Spaghetti with meat sauce and carrots	Milk Tacos w/ turkey, rice and black beans, corn, and spinach	Milk Coconut chickpea curry with couscous	Milk Ground turkey enchiladas with spinach, corn and black beans	Milk Macaroni and cheese w/ butternut squash and mixed vegetables
PM Snack	Choose 2 of these 4 Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative Meat and/or meat alternative	Snack mix and fresh fruit	Oatmeal granola bars with dates, sunbutter, and banana chips and fresh fruit	Snack mix and fresh fruit	Blueberry sweet potato bread and fresh fruit	Snack mix and fresh fruit