# Montessori Academy Menu

Date:\_\_\_ October 5 – October 9

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM Snack | Snack MixRaisinsMilk | GoldfishBananasMilk | Graham CrackersApplesMilk | Sun chipsApplesauceMilk | Snack CrackersRaisinsMilk |
| Lunch | Vegetarian Baked Spaghetti with Zucchini, Bell peppers, and KaleFruitMilk | Taco Tuesday with ground turkey, cheese, spinach, rice and beansFruitMilk | Turkey and Cheese Hummus Wraps with SpinachFruitMilk | Quinoa Stir-fry with Chicken, Broccoli, and mixed vegetablesMilkFruit | Broccoli and cheese pasta with chickpeas and acorn squashFruitMilk |
| PM Snack | Sun chipsCarrot Sticks | Snack CrackersApplesauce | GoldfishBaby Carrots | Graham crackersBananas | Snack MixRaisins |