



Christots Montessori School **October 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1 AM Snack – English Muffin, Orange Juice Mac & Cheese, Tomato/Green Beans, Mixed Fruit, Milk PM Snack – Pretzels, Apple Juice
4 AM Snack – English Muffin, Orange Juice Beef Sausage, Sweet Potatoes, Spinach, B&B Milk PM Snack – Grapes, Cheese	5 AM Snack – Apple Oats, Milk Zesty Porcupine Meat Balls, Cabbage, Cornbread, Milk PM Snack – Cottage Cheese, Cantaloupe	6 AM Snack – Bagels, Cream Cheese Chicken & Vegetable Tortellini Soup, Crackers, Peaches, Milk PM Snack – Graham Crackers, Milk	7 AM Snack – Hard Boiled Eggs, Orange Juice Turkey Cheese Sandwich, Potato Chips, Carrots, Apple, Milk PM Snack – Trail Mix, Raisins	8 AM Snack – Waffles, Fruit Turkey Burrito/Cheese, Tomatoes, Cucumber, Apple Sauce, Milk PM Snack – Sun Chips, Apples
11 AM Snack – Raisin Bran, Milk Chili/Beans, Bell Pepper Slices, Corn Bread, Mandarin Oranges, Milk PM Snack – Cheese & Strawberries	12 AM Snack, Blueberry Muffins, Milk Stuffed Hot Dogs, Mashed Potatoes, Corn/Cheese, Pears, B&B, Milk PM Snack – Vanilla Pudding, Banana	13 AM Snack – Apple Oatmeal Muffin, Milk White Cheese Lasagna, Green Salad, Pine Apples, B&B, Milk PM Snack – Graham Crackers, Raisins, Milk	14 AM Snack – Oatmeal, Apples Cheese Slices, Tomato Soup, Oranges, Milk PM Snack – Trail Mix, Grape Juice	15 AM Snack – Cornflakes, Milk Pepperoni Pizza, Corn, Mixed Fruit, Milk PM Snack – Carrots, Cheese Dip
18 AM Snack – Cottage Cheese, Cantaloupe Turkey Spaghetti, Green Beans, Fruit, B&B, Milk PM Snack – Wheat Thins, Apple Juice	19 AM Snack - Carrot Beet Apple Juice, Toast Chicken Broccoli , Alfredo Sauce, B&B, Mixed Fruit, Milk PM Snack – Celery, Cream Cheese, Raisins	20 AM Snack – Whole Wheat Muffins, Cherries Cabbage, Beef Sausage, Fruit, B&B, Milk PM Snack – Cucumbers, Veggie Dip	21 AM Snack – Strawberry Yogurt Bar Ham & Potato Soup, Crackers, Bananas, Milk PM Snack – Pumpkin Muffins, Milk	22 AM Snack – Graham Crackers, Milk Turkey Taco Salad, Chips, Oranges, Milk PM Snack – Vanilla Wafer, Milk
25 AM Snack – Bagels Cream Cheese Country Breakfast Casserole Potatoes, Apple Sauce, Toast, Milk PM Snack – Grapes, Cheese	26 AM Snack – Cereal, Milk Garlic Chicken, Fried Brown Rice/Peas, Green Salad, B&B, Milk PM Snack – Pretzels, Fruit	27 AM Snack – Toast Milk Beanie Wienie, Corn Bread, Bell Peppers, Fruit, Milk PM Snack – Cheese Slices, Tomato Juice	28 AM Snack – Cheerios, Banana Split Pea Soup, Cheese Toast, Apples, Milk PM Snack – Trail Mix, Grape Juice	28 AM Snack – Yogurt, Apples Cheeseburger, Mac & Cheese, Green Beans, Pineapple, Milk PM Snack – Corn Chips, Cheese Dip

* All bread is whole wheat, real butter and organic milk