# Christots Montessori Day School February 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | |
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| **1** AM Snack – English Muffin, Orange Juice<br>Chicken Noodle Stir Fry, Zucchini, Pears, Bread/Butter, Milk<br>PM Snack - Trail Mix and Raisins | **2** AM Snack - Apple Muffin, Milk<br>Baked Lintels, Green Beans, Fruit Salad, Bread/Butter, Milk<br>PM Snack - Graham Crackers, Milk | **3** AM Snack Wheat Waffles/Fruit<br>Turkey Spaghetti, Broccoli, Pineapple, Bread/Butter, Milk<br>PM Snack – Cucumbers Veggie Dip | **4** AM Snack – Cheerios/ Bananas<br>Turkey Cheese Sandwich, Potato Chips, Carrots, Apples, Milk<br>PM Snack – Apples/Cheese | **5** AM Snack – Hard Boiled Egg, Apple Juice<br>Stuffed Hot Dogs (Mashed Potatoes, Corn, Cheese) Peaches, Bread/Butter, Milk<br>PM Snack – Oatmeal Cookies, Milk | |
| **8** AM Snack – Oranges, Shredded Wheat<br>Grilled Cheese, Tomato Soup, Green Peppers, Apple, Milk<br>PM Snack- Celery Cream Cheese, Raisins | **9** AM Snack – Bagels, Cream Cheese<br>Chicken Enchiladas, Corn, Fruit Cocktail, Milk<br>PM Snack – Cheese Crackers, Grape Juice | **10** AM Snack – Apple Oats, Milk<br>Sloppy Joes, Tator Tots, Green Beans, Oranges, Milk<br>PM Snack – Cottage Cheese, Cantaloupe | **11** AM Snack – Blueberry Muffin, Milk<br>Tofu, Sweet Potatoes, Spinach, Pumpkin Muffin, Milk<br>PM Snack – Grapes, Cheese | **12** AM Snack – Waffles, Orange Juice<br>Hummus & Pita Bread, Peas, Carrots, Oranges, Milk<br>PM Snack – Fig Newton, Milk | |
| **15** AM Snack – Raisin Toast, Milk<br>Turkey Chili, Green Peppers, Pineapple, Crackers, Milk<br>PM Snack – Bran Muffin, Milk | **16** AM Snack – Strawberry Yogurt Bar<br>Baked Potato, Broccoli, Cheese, Fruit Jello, Bread/Butter, Milk<br>PM Snack – Corn Chips/ Cheese Dip | **17** AM Snack – Tomato Juice, Toast<br>Chicken Quesadillas, Spanish Rice, Tomato, Fruit Salad, Milk<br>PM Snack – Graham Cracker, Raisins, Milk | **18** AM Snack – Cheese, Toast, Apple Juice<br>Beef Sausage, Carrots, Crackers, Cheese, Apple, Milk<br>PM Snack – Zucchini Muffins, Milk | **19** AM Snack – Corn Flakes, Milk<br>Tuna Melt, Bagel, Carrots, Kale, Oranges, Milk<br>PM Snack – Apple, Cheese | |
| **22** AM Snack – Oatmeal Banana Muffins<br>Shepard's Pie, Peaches, Bread/Butter, Milk<br>PM Snack – Cottage Cheese, Cantaloupe | **23** AM Snack – Whole Wheat Muffins, Cherries<br>Pizza Muffin, Mixed Veggies, Applesauce, Milk<br>PM Snack – Grapes, Cheese | **24** AM Snack – Hard Boiled Egg, Orange Juice<br>Chicken Noodle Soup, Carrot, Rice, Peas, Homemade Applesauce, Crackers, Milk<br>PM Snack – Cheese, V-8 Juice | **25** AM Snack - Raisin Bran, Milk<br>Tomato Soup, Sliced Cheese, Green Peppers, Apples, Milk<br>PM Snack – Pumpkin Muffins, Milk | **26** AM Snack – Carrot, Beet Apple Juice, Toast<br>Turkey Taco Salad, Tomatoes, Lettuce, Apples, Milk<br>PM Snack – Pitas, Sunflower Seed Butter | |
| 1 | 2 | 3 | 4 | 5 | |

*All breads are whole wheat, real butter and organic milk.