



Christots Montessori Day School

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1 AM Snack - Honey Chex - Milk Chicken Noodle Soup, (Chicken, Celery, Carrots, Peas, Noodles), Crackers, Mixed Fruit, Milk PM Snack - Yogurt & Apples</p>	<p>2 AM Snack - Waffles & Strawberry Jam Meatballs/Gravy, Brown Rice, Green Beans, Bread & Butter, Milk PM Snack - Veggie Crackers/Cream Cheese, Cucumbers</p>	<p>3 AM Snack - Frosted Flakes - Milk Hamburger Casserole/Corn, Pineapple, Bread & Butter, Milk PM Snack - Cheese Crackers, Apple Juice</p>	<p>4 AM Snack - English Muffins, Apple Juice Turkey Sandwich/Cheese, Potato Chips, Carrots, Apple, Milk PM Snack - Cheese, Grapes</p>	<p>5 AM Snack - Banana Muffin, Milk Three Bean Soup, Greens, Cornbread, Oranges, Milk PM Snack - Graham Crackers, Milk</p>	
<p>8 AM Snack - Toast, Milk Chicken Egg Omelet, Broccoli, Cauliflower, Toast, Milk PM Snack - Cottage Cheese, Cantaloupe</p>	<p>9 AM Snack - Honey Nut 'O' Cereal, Milk Black Beans, Brown Rice, Cheese Burrito's, Cucumbers, Milk PM Snack - Grapes, Cheese</p>	<p>10 AM Snack - Waffles, Orange Juice Cheese Ravioli/Meat Sauce, Mixed Blend Veggies, Apple, Bread & Butter, Milk PM Snack - Fig Newton Bars, Milk</p>	<p>11 AM Snack - Raisin Bran, Milk Tuna Sandwich, Carrots, Crackers, Mixed Fruit, Milk PM Snack - Yogurt, Apples</p>	<p>12 AM Snack - French Toast, Orange Juice Veggie Beef Soup, Cheese, Crackers, Pineapple, Milk PM Snack - Graham Crackers, Cherries</p>	
15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	
<p>22 AM Snack - Banana & Granola Hash brown Casserole, Spinach, Pineapple, Bread & Butter, Milk PM Snack - Fig Newton Bars Milk</p>	<p>23 AM Snack - Hard Boiled Egg, Orange Juice Salmon Patties, Peas & Potatoes, Bread & Butter, Milk PM Snack - Oranges Cheese Crackers</p>	<p>24 AM Snack - Cheese Crackers, Apple Juice Beanie Wienies, Green Pepper, Corn Bread, Butter, Oranges, Milk PM Snack - Trail Mix, Raisins</p>	<p>25 AM Snack - Cheerios/ Bananas Turkey Cheese Sandwich, Potato Chips, Carrots, Apples, Milk PM Snack - Apples/Cheese</p>	<p>26 AM Snack - Oranges, Shredded Wheat Baked Falafel Balls, Green Beans, Sweet Potatoes, Bread & Butter, Milk PM Snack - Carrots & Cheese Dip</p>	
<p>29 AM Snack - Oatmeal Apples Beef Sausage, Cabbage, Potatoes, Corn Bread, Milk PM Snack - Pumpkin Muffin Milk</p>	<p>30 AM Snack - Wheat Waffles/Fruit Turkey Spaghetti, Broccoli, Pineapple, Bread & Butter, Milk PM Snack - Cucumbers Veggie Dip</p>	<p>31 AM Snack - Raisin Toast, Milk Tofu Veggie/Noodles Stir Fry, Mixed Fruit, Bread & Butter, Milk PM Snack - Animal Crackers, Milk</p>	<p>1</p>	<p>2</p>	

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