

Young Minds Montessori
Summer 2020 Menus
 Created by Milagros Seetaram (School Chef)

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk Fresh fruit Water	Scrambled Eggs Toast Fresh Fruits Water	Wow Butter Mini sandwich Orange Juice Water	Pancakes/ honey Fruits Milk Water	Oatmeal Fresh Fruits fresh fruit water
Lunch	Pasta of the day (Herb, Marinara, meat sauce, basil) Vegetables Fresh fruit milk	Cheese Quesadilla Corn Fresh fruit Milk (Picnic veggies is Peppers)	Baked Fish Mashed Potatoes Veggies Fresh fruit Milk	Chicken Salad Sandwich Fresh vegetables Fresh fruit Milk	Pizza Garden Salad Fruits Milk Water
Afternoon Snack	Mini Cream Cheese rolls Cucumber slices Carrots & Hummus Crackers	Cold cuts Cheese Cubes Crackers Apple Juice Milk / Water	Fruit Salad Yogurt Granola (Nut free homemade)	Chicken cold cuts Cucumber wheels Cheese cubes Crackers water	Banana bread Pepper Slices Milk

- For Birthday's PM snack: Cupcakes, Veggie Slices & Fruits
- Lunch Menu will change for Park Picnics
- Vegetarian substitute will be offered, allergies, food restrictions will be catered too based on meals

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WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cream cheese Bagel toasted Orange Juice Water	Boiled Eggs Toast Fresh Fruits Water	Cereal Milk Fruits Water	Grilled Cheese Fruits Milk Water	Cereal Yogurt Fresh Fruits Water
Lunch	Tacos (Ground chicken, lettuce, peppers, onions, cheese, corn) Fruits/Milk	Pasta of the day (Herb, Marinara, meat sauce, basil) Baked chicken Fresh fruit Milk/Water	Rice Chickpea Potatoes Curry Fresh fruit Milk	Fish sticks with fries Salad Fresh fruit Milk	Chicken Empanada Veggie Salad Fruits Milk/Water
Afternoon Snack	Mini fruit tarts Veggie slices Milk	Veggie Chips Cheese cubes Fruits Water	Apple slices Wow butter Tofu cubes Crackers Water	Naan bread Hummus Veggie slices Water	Muffins Veggie Slices Fresh fruit Milk

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WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Milk Fresh fruit Water	Scrambled Eggs Toast Fresh Fruits Water	Wow Butter Mini sandwich Orange Juice Water	Pancakes/ honey Fruits Milk Water	Oatmeal Fresh Fruits fresh fruit water
Lunch	Crispy Tofu Nuggets Homemade Fries Veg Slices Fruits Water/Milk	Parmesan Chicken Fresh veg Pasta Salad Fruits Milk/Water	Stew Chicken Rice with Veggies Fruits Water/Milk	Chicken Salad Wrap Corn/Veggie slices Fresh fruit Milk	Pizza Garden Salad Fruits Milk Water
Afternoon Snack	Hummus Naan bread Veggie slices Crackers	Banana Chocolate drizzle Cheese slices Water	Veggie Chips Fruits Tofu cubes Water/Milk	Fruit Salad Yogurt Homemade Granola Water	Cookies Fresh fruit Milk

- For Birthday's PM snack: Cupcakes, Veggie Slices & Fruits
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