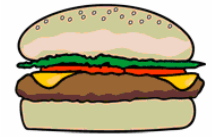


# Little Flowers Montessori



## Weekly Menu

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b> 9:00 am	cinnamon bagel cream cheese Milk	Waffles Butter Milk	Cereal with banana Milk	Raisin English muffin with butter Milk	Grilled cheese sandwich Milk
<b>Lunch</b> 12:00 pm	Brown Rice with garbanzo beans and peas Stir fry tofu Fruits with yogurt Milk	Alfredo penne pasta with turkey ham Zucchini Mixed Fruits Milk	Spanish rice With corn and cheese Warm corn tortillas Mixed Fruits Milk	Turkey hotdog in a bun /cheese sandwich Broccoli with sliced carrots Fruits with yogurt Milk	Spaghetti with meat sauce (turkey) Mixed vegetables pretzels Mixed fruits with marshmallows Milk
<b>PM Snack</b> 3:30/4:00 pm	Trail mix Raisins Lemonade	Alphabet cracker Fresh fruit	Saltine crackers Cream cheese Fresh fruit	Animal crackers Fresh fruit	Cheez it Raisins Lemonade

**PM Snack** - A variety of crackers are served for the PM snack. If a particular cracker is unavailable on a scheduled serving day we will substitute it with any of the following: Gold fish / Ritz / Graham / Trail mix / Vanilla wafers / Animal crackers / Cheez It / Mixed cereal with raisin

**Menu Subject to Change**