

# LUNCH MENU

## WEEK A

Monday: TVP  
Tachos w/ Cheese,  
Lettuce, Tomato

Tuesday  
Sloppy Janes WG  
Roll

Wednesday  
Mac & Cheese w.  
Chickpea "cheese"  
Sauce, Bread Stick

Thursday  
PB and Honey on  
WG Bread

Friday  
French Bread Pizza

## WEEK B

Monday: Spring  
Roll Bowl

Tuesday  
Pancakes, Vegan  
Sausage Patty

Wednesday  
Spaghetti Bake w.  
TVP, Breadsticks

Thursday  
BCC Vegan  
Breakfast Burritos

Friday  
Vegetable Bisque,  
Goldfish Crackers,  
Cheese Cubes

Lunch is always served with seasonal  
vegetable , seasonal fruit, and milk



MAIN SQUARE MONTESSORI

# BREAKFAST OPTIONS

**Breakfast always contains a whole grain option,  
fruit or veg, and milk (or yogurt)**

Bagel and Cr. Chz, Fruit

Yogurt with Granola and Fruit

HB Egg w/ Toast or Eng. Muffin, Fruit

Rice Cake w/ PB, Fruit

Cold Cereal with Milk, Fruit, Milk

Oatmeal, Milk, Fruit

Cinnamon Bread, Milk, Fruit

Banana Bread, Milk, Fruit

Cheese, Fruit, WG Crackers

English Muffin with PB or Cr. Chz

Corn Bread w/ Fruit and Milk

Biscuit w/ Fruit and Milk

MAIN SQUARE MONTESSORI

# SNACK OPTIONS

**Snack always has two of the following:**

Seasonal Fruit or Vegetable

String Cheese, Cream Cheese

WG Tortilla Chips

Hummus (Tahini Free)

WG Crackers

HB Egg

Peanut or Almond Butter

Pretzels

