



SACRAMENTO MONTESSORI SCHOOL

Menu for the Month of September 2020

Monday

Cheerios served with Cantaloupe and milk
Apples served with graham crackers
Mac n Cheese with hotdogs as the main dish; Blanched broccoli as the vegetable; Red leaf and Romaine lettuce served with tomato slices and lightly dusted with raspberry vinaigrette dressing as the salad;
Watermelon as the dessert; served with milk
Oranges served with granola bars

Tuesday

Belgian Waffles with Bananas, mixed berries and milk
Apple Sauce served with gold fish
Pepperoni pizzas as the main dish; Blanched broccoli as the vegetable; fresh crisp Red leaf and Romaine lettuce, carrots, cucumbers, and tomatoes for the salad lightly sprinkled with Ranch dressing as the salad;
Orange slices as the dessert; served with milk
Red Grapes served with Graham Crackers

Wednesday

Pancakes served with Strawberries, and milk
Apple sauce served with graham crackers
Turkey Sandwiches as the main dish, sweet corn as the vegetable
Fresh crisp Red Leaf and Romaine lettuce salad drizzled with Raspberry vinaigrette dressing as the salad,
Slices of Peach as the fruit; Whole grain bread as the starch; served with milk
Green grapes served with Keebler crackers

Thursday

Brown rice cereal and Mix berries served with milk
Animal crackers served with Bartlett Pears
Carnitas as the main dish; Red leaf and romaine lettuce with dressing of olive oil, balsamic vinegar, salt, pepper, and chopped fresh garlic all whisked together as the salad; Pears as the dessert; Brown rice as the starch; with milk
Golden Delicious Apples served with Corn Muffins

Friday

Scrambled Eggs served with Strawberries and bananas with milk
White peaches served with Graham Crackers
Bacon and Waffles as the main dish; fresh crisp Red leaf and Romaine lettuce, carrots, cucumbers, and tomatoes for the salad lightly sprinkled with Ranch dressing as the salad; Sweet Peas as the vegetable;
Pineapples as the dessert; whole grain bread as the starch; served with milk
Bartlett pears served with granola bars