



SACRAMENTO MONTESSORI SCHOOL

Menu for the Month of May 2021

Monday

Cheerios served with Cantaloupe and milk

Apples served with Cornbread

Mac n Cheese as the main dish; Sweet corn 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;

Brown rice as the starch; served with milk

Oranges served with granola bars

Tuesday

Belgian Waffles with Bananas, mixed berries and milk

Apple Slices served with gold fish

Chicken nuggets 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

Grapes served with Graham Crackers

Wednesday

Pancakes served with Strawberries, and milk

Apple slices served with graham crackers

Spaghetti as the main dish; Sweet green peas as the vegetable, 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; New Roma Bakery Italian bread; with milk

Honeydew served with Keebler crackers

Thursday

French toast and Mix berries served with milk

Animal crackers served with Bartlett Pears

Bean Burritos as the main dish, Southwest 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; Tortillas as the starch; served with milk

Golden Delicious Apples served with Corn Muffins

Friday

Belgian waffles served with Strawberries and bananas with milk

White peaches served with Graham Crackers

Cheese Ravioli 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 granola bars