Countryside Montessori Charter School

Month: September 2021 - Breakfast **For:** _____

Milk choices available daily

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagel Served with cream cheese, fruit & juice	2 French Toast w/syrup Served fruit & juice	3 Multigrain Cereal Served with fruit & juice
6 No School	7 Bagel Served with cream cheese, fruit & juice	8 Cereal Served with cheese stick, fruit & juice	9 Multigrain Cereal Served with fruit & juice	10 Blueberry Muffin Served with fruit & juice
13 Cereal Served with applesauce & juice	14 Cereal Served with graham crackers, fruit & juice	15 Muffin Served with fruit & juice	16 Graham Crackers & Cheese Stick Served with fruit & juice	17 Cereal Served with graham crackers, fruit & juice
20 Multigrain Cereal Served with graham crackers, fruit & juice	21 Muffin Served with fruit & juice	22 Bagel Served with cream cheese, fruit & juice	23 Multigrain Cereal Served with fruit & juice	24 Pancake w/ syrup Served with a cheese stick, fruit & juice
27 Multigrain Cereal Served with graham crackers, fruit & juice	28 French Toast w/syrup Served mandarin oranges & apple juice	29 Multigrain Cereal Served with graham crackers, banana & orange juice	30 Graham Crackers & Cheese Stick Served with cinnamon apples & apple juice	

Copyright © 2018 Kerry K. Taylor, Squawkfox.com
squawkfox.com/meal-planning-template

Countryside Montessori Charter School

Month: September 2021 - Lunch **For:** _____

** Milk choices available daily**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef & Broccoli Plate Served with white rice, Fruit & Red Peppers	2 Sloppy Joe Sliders Served with bean soup, tater tots & fruit	3 Cheese Pizza Slice of whole grain pizza, Fruit & Carrots w/ Ranch Dressing
6 No School	7 Fajitas Tuesday Chicken on a whole wheat tortilla, Fruit & Salsa	8 Honey Garlic Beef Served with brown rice, fruit & carrots & green beans	9 Pulled Turkey Sliders Served with baked beans, and mashed or sauteed potatoes & Fruit	10 Cheese Pizza Slice of whole grain pizza, Fruit & Side Salad w/ Ranch
13 Meatballs w/ sauce Meatballs with sauce, Roll, Fruit & Mixed Vegetables	14 Taco Tuesday Beef on a whole wheat tortilla, Fruit & Mexican corn/bean salad	15 Mac & Cheese Whole grain pasta, Fruit & Roasted Broccolli	16 Baked Ziti Whole grain pasta, Fruit & Zucchini	17 Cheese Pizza Slice of whole grain pizza, Fruit & Bean Soup
20 Turkey Chili & Cheese Served with Cornbread, Fruit & Beans	21 Herb Cube Chicken Served with whole grain lime cilantro rice, Fruit & Sweet Peas	22 Cranberry BBQ Meatballs Whole grain rice, Fruit & Mixed vegetables	23 Spaghetti w/ Meat Sauce & Roasted Kale Whole grain pasta & Fruit	24 Cheese Pizza Slice of whole grain pizza, Fruit & Carrots w/ Ranch Dressing
27 Chicken Nuggets Served with whole grain yellow rice,mashed potatoes, Fruit & green beans	28 Grilled Chicken Served with whole grain Mexican rice (black beans & corn in the rice) & Fruit	29 Chicken Spaghetti Lo Mein Whole grain spaghetti - broccoli, carrots & onions in Lo Mein & Fruit	30 Mini Burgers Whole grain buns, lettuce, tomato & Fruit	

Copyright © 2018 Kerry K. Taylor, Squawkfox.com
squawkfox.com/meal-planning-template