

Menu subject to change depending on available foods and children’s eating habits.

**Koala Tree Montessori**

**Week of : September 16-20 2024**

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|   | MONDAY | TUERSDAY | WEDNESDAY | THIRSDAY | FRIDAY |
| **BREAKFAST** | Granola Bar 1 oz, Oranges 1/4 cup, Milk 1/2 cup | Cheerios 1/2 cup, Applesauce 1/4 Cup, Milk 1/2 Cup | Granola Bar 1 oz, Oranges 1/4 Cup, Milk 1/2 cup | Fruity Cereal, Apples 1/4 Cup, Milk 1/2 Cup | Waffles 1/3 cup Oranges 1/4 cup, milk 1/2 cup |
| **A.M. SNACK** | 4 Ritz crackers, Applesauce 1/4 cup, Water | Yogurt 1/2 CupRaisins 1/4 cup, Water | Cheese Crackers 1/2 oz, Apples 1/4 cup, Water | Pretzels 1/2oz, Banana 1/4 cup, Water | Cheese Crackers 1/2 ounce, Applesauce 1/4 cup, Water |
| **LUNCH** | Fish sticks 1 oz, Spaghetti with tomato Sauce 1/3 cup, Mixed Veggie 1/2 cup,Milk 1/2 cup | Chicken Taquitos 1,Rice 1/3 cup, Broccoli 1/4 cup, Oranges 1/4 cup, Milk 1/2 Cup | Quesadilla 1/3 cupRice 1 oz, Mixed Veggie 1/2 cup, Grapes 1/4 Cup, Milk 1/2 cup  | Chicken Nuggets 1 oz, French Fries 1/3 cup, Ketchup Apples 1/4 cupMilk 1/2 cup | Chicken Nuggets 1 0z Butter Noodles1/3 cup, Broccoli 1/2 cup,Grapes 1/4 cup, Milk 1/2 cup  |
| **P.M. SNACK** | Cheese Crackers 1/2 oz, Apples 1/4 cup, Water | Wheat Crackers 1/2 oz, Apples 1/4 cup, Water | Banana, grapes, mixed berry and yogurt smoothie | Chex Mix 1/2 oz, Apples 1/4 Cup, Water | Blueberry muffins 1 oz, Bananas 1/4 cup, Water |