

Koala Tree Montessori Monthly Meal Plan

February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 B: 1 scrambled egg, 1/2 cup of milk, 1/2 slice of bread S: 3 organic seaweed, 4 Ritz crackers, water L: fish sticks 1 ounce, organic spaghetti noodles 1/3 cup, baked corn 1/2 cup, 1/4 fresh fruit, 1/2 cup of milk S: Cheez-itz 1/2 oz, fresh fruit 1/4 cup, water	6 B: Cheerios 1/2 cup, organic Goji berries 1/4 cup, 1/2 cup of milk S: 4 premium saltine crackers, water L: organic black beans 1/3 cooked cup, Premium long grain rice 1/3 cooked cup, peas 1/4 cooked cup, fresh fruit 1/4 cup, 1/2 cup of milk S: wheat Thins crackers 1/2 oz, fresh fruit 1/4 cup, water	7 B: 1/2 toasted whole grain bread with 1/4 Tbs Jelly, fresh fruit 1/4 cup, 1/2 cup of milk S: plant based animal crackers 1/2 oz, 1/2 fresh fruit, water L: organic quinoa and brown rice 1/3 cup, tuna salad 1 ounce, green peas 1/4 cooked cup, 1/2 cup of milk S: 1/2 oz Ritz crackers, water	8 B: 1 hard-boiled egg, waffle 1/2 slice, 1/2 cup milk S: pretzels 1/2oz, 1/4 cup fresh fruit, water L: carrots 1/2 cup, hummus 1 ounce, sweet plantains 1/3 cup, 1/2 cup of milk S: organic crunchy Rice Rollers 1/2 oz, water	9 B: Rolled oats 1/3 cooked cup, 1/2 cup of milk, fresh fruit 1/4 cup. S: organic apple sauce 1/3 cup, 4 animal crackers, water L: Garofalo organic pasta with tomato sauce 1/3 cooked cup, lentils 1/3 cooked cup, Broccoli 1/2 cup, 1/2 cup of milk S: blueberry muffins 1 ounce, carrots 1/4 cup, water
12 B: Nature Valley Crunchy Granola Bar 1 ounce, 1/2 cup of milk S: cheerios 1/2oz, water L: Tofu 1 ounce, Noodles 1/3 cup, cucumber 1/2 cup, Ranch sauce 1/4 Tbsp, 1/2 cup of milk S: string cheese 1/2oz, fresh fruit 1/4 cup, water	13 B: Cheerios 1/2 cup, organic Goji berries 1/4 cup, 1/2 cup of milk S: 4 premium saltine crackers, water L: organic black beans 1/3 cooked cup, Premium long grain rice 1/3 cooked cup, peas 1/4 cooked cup, fresh fruit 1/4 cup, 1/2 cup of milk S: wheat Thins crackers 1/2 oz, fresh fruit 1/4 cup, water	14 B: 1/2 toasted whole grain bread with 1/4 Tbs Jelly, fresh fruit 1/4 cup, 1/2 cup of milk S: plant based animal crackers 1/2 oz, 1/2 fresh fruit, water L: organic quinoa and brown rice 1/3 cup, tuna salad 1 ounce, green peas 1/4 cooked cup, 1/2 cup of milk S: 1/2 oz Ritz crackers, water	15 B: 1 hard-boiled egg, waffle 1/2 slice, 1/2 cup milk S: pretzels 1/2oz, 1/4 cup fresh fruit, water L: carrots 1/2 cup, hummus 1 ounce, sweet plantains 1/3 cup, 1/2 cup of milk S: organic crunchy Rice Rollers 1/2 oz, water	16 B: Cinnamon Toast Crunch cereal 1/2 cup, 1/2 cup of milk S: 1/2 oz Palmiers, 1/2 cup fresh fruit, water L: Dino nuggets 1 oz, sweet Potatoes 1/3 cup, green beans 1/4 cup, 1/2 cup of milk S: low fat Greek yogurt 1/2 cup, 1/4 cup of fruit.
19 B: 1 scrambled egg, 1/2 cup of milk, 1/2 slice of bread S: 3 organic seaweed, 4 Ritz crackers, water L: fish sticks 1 ounce, organic spaghetti noodles 1/3 cup, baked corn 1/2 cup, 1/4 fresh fruit, 1/2 cup of milk S: Cheez-itz 1/2 oz, fresh fruit 1/4 cup, water	20 B: Vegetable Omelette 1 ounce, fresh fruit 1/2 cup, 1/2 cup of milk S: Carrots sticks 1/2 cup, 1/2 oz Madelyn cookie, water L: chicken Patties 1 ounce, French fries 1/3 cup, cucumber slices 1/2 cup, 1/2 cup of milk S: 1/2 oz Graham cracker, fresh fruit 1/4 cup, water	21 B: Whole grain bagel 1/2 slice, cream cheese 1/2 Tbsp, fresh fruit 1/4 cup, milk 1/2 cup. S: Veggie Sticks 1/2 oz, dried fruit 1/4 cup, water L: Grilled cheese sandwich 1/2 slice, broccoli 1/2 cup, 1/2 cup of milk S: 1/2 oz Ritz crackers, water	22 B: waffles 1/2 slice, 1/2 cup of fruit, 1/2 cup of milk S: pretzels 1/2 oz, cheese 1/2 oz, water L: mc and cheese, peas 1/4 cup, chicken tenders 1oz, milk 1/2 cup S: chips 1/2 oz, guacamole 1/4 cup, water	23 B: Rolled oats 1/3 cooked cup, 1/2 cup of milk, fresh fruit 1/4 cup. S: organic apple sauce 1/3 cup, 4 animal crackers, water L: Garofalo organic pasta with tomato sauce 1/3 cooked cup, lentils 1/3 cooked cup, Broccoli 1/2 cup, 1/2 cup of milk S: blueberry muffins 1 ounce, carrots 1/4 cup, water
26 B: Nature Valley Crunchy Granola Bar 1 ounce, 1/2 cup of milk S: cheerios 1/2oz, water L: Tofu 1 ounce, Noodles 1/3 cup, cucumber 1/2 cup, Ranch sauce 1/4 Tbsp, 1/2 cup of milk S: string cheese 1/2oz, fresh fruit 1/4 cup, water	27 B: Cheerios 1/2 cup, organic Goji berries 1/4 cup, 1/2 cup of milk S: 4 premium saltine crackers, water L: organic black beans 1/3 cooked cup, Premium long grain rice 1/3 cooked cup, peas 1/4 cooked cup, fresh fruit 1/4 cup, 1/2 cup of milk S: wheat Thins crackers 1/2 oz, fresh fruit 1/4 cup, water	28 B: 1/2 toasted whole grain bread with 1/4 Tbs Jelly, fresh fruit 1/4 cup, 1/2 cup of milk S: plant based animal crackers 1/2 oz, 1/2 fresh fruit, water L: organic quinoa and brown rice 1/3 cup, tuna salad 1 ounce, green peas 1/4 cooked cup, 1/2 cup of milk S: 1/2 oz Ritz crackers, water	29 B: 1 hard-boiled egg, waffle 1/2 slice, 1/2 cup milk S: pretzels 1/2oz, 1/4 cup fresh fruit, water L: carrots 1/2 cup, hummus 1 ounce, sweet plantains 1/3 cup, 1/2 cup of milk S: organic crunchy Rice Rollers 1/2 oz, water	1 B: Cinnamon Toast Crunch cereal 1/2 cup, 1/2 cup of milk S: 1/2 oz Palmiers, 1/2 cup fresh fruit, water L: Dino nuggets 1 oz, sweet Potatoes 1/3 cup, green beans 1/4 cup, 1/2 cup of milk S: low fat Greek yogurt 1/2 cup, 1/4 cup of fruit.