

LUNCH MENU

WEEK A

Monday: TVP
Tachos w/ Cheese,
Lettuce, Tomato

Tuesday
Sloppy Janes WG
Roll

Wednesday
Mac & Cheese w.
Chickpea "cheese"
Sauce, Bread Stick

Thursday
PB and Honey on
WG Bread

Friday
French Bread Pizza

WEEK B

Monday: Spring
Roll Bowl

Tuesday
Pancakes, Vegan
Sausage Patty

Wednesday
Spaghetti Bake w.
TVP, Breadsticks

Thursday
BCC Vegan
Breakfast Burritos

Friday
Vegetable Bisque,
Goldfish Crackers,
Cheese Cubes

Lunch is always served with seasonal
vegetable , seasonal fruit, and milk



MAIN SQUARE MONTESSORI

BREAKFAST OPTIONS

**Breakfast always contains a whole grain option,
fruit or veg, and milk (or yogurt)**

Bagel and Cr. Chz, Fruit

Yogurt with Granola and Fruit

HB Egg w/ Toast or Eng. Muffin, Fruit

Rice Cake w/ PB, Fruit

Cold Cereal with Milk, Fruit, Milk

Oatmeal, Milk, Fruit

Cinnamon Bread, Milk, Fruit

Banana Bread, Milk, Fruit

Cheese, Fruit, WG Crackers

English Muffin with PB or Cr. Chz

Corn Bread w/ Fruit and Milk

Biscuit w/ Fruit and Milk

MAIN SQUARE MONTESSORI

SNACK OPTIONS

Snack always has two of the following:

Seasonal Fruit or Vegetable

String Cheese, Cream Cheese

WG Tortilla Chips

Hummus (Tahini Free)

WG Crackers

HB Egg

Peanut or Almond Butter

Pretzels

