

MLK MONTESSORI SCHOOL  
SAMPLE MENU

**WEEK 1 - TODDLER & PRE - K 2015 - 2016**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b>					
FRUIT	PINEAPPLE- 1/2 C	MANDARIN ORANGES 1/2 C	ORANGE 1 EA	MANGO 1/2 C	TROPICAL FRUIT- 1/2 C
GRAIN	CORN FLAKES - 1/2 C	PANCAKE 1 EA SYRUP 1 EA	CHEERIOS 1/2 C	W.G. BISCUIT 1 EA =32g HONEY 1 EA	BLUEBERRY COFFEE CAKE 1 EA = 39g
MILK:	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ

**LUNCH**

PROTEIN:	CHICKEN NUGGETS -  4 EA = 1.6 OZ	CHEF SALAD DICED EGG 1 OZ CHICKEN .5 OZ SHREDDED CHEESE .5	TURKEY SAUSAGE LINKS 2 EA  2 EA = 2 OZ	SALISBURY STEAK 1 EA =  2.7OZ	STUFFED CHEESE PIZZA 1  EA 2 OZ CHEESE
VEGETABLE:	REFRIED BEANS 1/4 C	ROMAIN LETTUCE 1/2 C	COOKED CARROTS 1/4 C	MASHED POTATOES 1/4 C	GREEN BEANS 1/4 C
FRUIT:	FRUIT COCKTAIL 1/4 C	PEARS 1/4 C	BANANA 1 EA	PEACHES 1/4 C	APPLESAUCE 1/4 C
GRAIN	BREADING FROM NUGGETS	WG DINNER ROLL 1/2 EA = 19g	W.G. FR TOAST STICKS - 2 EA 2 STICKS = 44g	W.G. DINNER ROLL 1/2 EA = 19g	PIZZA CRUST = 36 g
CONDIMENTS	BBQ SAUCE 1 TBSP	LITE FRENCH DRESSING 1 TBSP BUTTER 1 EA	SYRUP 1 TBSP	BUTTER 1 EA	
MILK:	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
<b>TODDLER SUB</b>		<b>PEAS 1/8 C</b>			

**PM SNACK**

GRAIN	STRAW OATMEAL BAR 1 EA  1 BAR= 1.2OZ	WH GRAIN GOLDFISH  - 1 PKG= 21g	BAGEL 1/2 EA = 1.4 oz  JELLY 1 EA	CHEESE STICK 1 EA = 28g	CHOC CHIP BAR - 1 EA  1 BAR = 24 g
MILK:	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ

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**WEEK 2 - TODDLER & PRE - K 2015 - 2016**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b>					
FRUIT	ORANGE 1 EA	FROZEN PINEAPPLE CHUNKS - 1/2 C	APRICOTS 1/2 C	TROPICAL FRUIT 1/2 C	MANDARIN ORANGES 1/2 C
GRAIN	CHEERIOS - 1/2 C	RICE CHEX 1/2 C	APPLE MUFFINS 1 EA = 39g	W.G. WAFFLE STIX- 1 EA=31g SYRUP 1 TBSP	CINN UBR COOKIE 1 EA = 32.5g
MILK:	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ

**LUNCH**

PROTEIN:	NACHO DIP 1/2 C = TACO MEAT 1 OZ CHEESE .5 OZ	CHICKEN LEG 1 EA = 2.82 oz	SPAGHETTI 1 C = 2 OZ GROUND TURKEY	CHEESE BREAD STICK 1 EA = 1.5 OZ CHEESE	CHICKEN CORN DOG - 1 EA 1 EA = 2 OZ PROTEIN
VEGETABLE:	BLACK BEANS 1/4 C (IN DIP)	MASHED POTATOES 1/4 C	GREEN BEANS 1/4 C	W.B. CARROTS 1/4 C	BROCCOLI 1/4 C
FRUIT:	PEARS 1/4 C	PEACHES 1/4 C	ORANGE 1 EA	APPLE 1 EA	FRUIT COCKTAIL 1/4 C
GRAIN	TORTILLA CHIPS - 1 OZ	BREADING FROM CHICKEN = .75 OZ	PASTA 1/2 C	BREAD STICK = 1.5 GRAINS	2 GRAINS FROM BREADING CONDIMENTS
CONDIMENTS	SALSA 1 TBSP			VEGETABLE DIP 1 TBSP MARINARA 2 TBSP	VEGETABLE DIP 1 TBSP
MILK:	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
TODDLER SUB			MANDARINS 1/8 C	APPLESAUCE 1/8 C CKD CARROTS 1/8 C	TURKEY 1.5 OZ

**PM SNACK**

GRAIN	STATES AND CAPITAL 1 EA COOKIE 1 PKG = 25g	BUG GRAHAM COOKIE 1 PKG 1 PKG = 28 g	STRAWBERRY YOGURT 1/4 C 1/2 OZ GRANOLA	CHOC CHIP GRANOLA 1 = 24 OZ	OATMEAL RAISIN BAR 1 EA = 40g
MILK:	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ

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**WEEK 3 - TODDLER & PRE - K 2015 - 2016**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b>					
FRUIT	TROPICAL FRUIT 1/2 C	PINEAPPLE 1/2 C	ORANGE 1 EA	MANGO 1/2 C	MANDARIN ORANGES 1/2 C
GRAIN	APPLE GRANOLA BAR 1 EA=48g	BAGEL - 1/2 EA=1.4 oz JELLY 1 EA	CORN FLAKES 1/2 C	PANCAKE 1 ea = 32.3 g SYRUP 1 EA	BLUEBERRY UBER COOKIE 1 EA = 32.5g
MILK:	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ

**LUNCH**

PROTEIN:	CHICKEN ALFREDO 1 C = 2 OZ CHICKEN	GRILLED CHICKEN SANDWICH - 1 EA =2 OZ PROTEIN	BEAN AND BEEF BURRITO 1 EA = 2 OZ PROTEIN	SLOPPY JOE 2 OZ	HOT DOG 1 EA = 56.75g
VEGETABLE:	PEAS AND CARROTS 1/4 C	SW POTATO FRIES 1/4 C	CONFETTI BEAN SALAD 1/4 C	BROCCOLI 1/4 C	GREEN BEANS 1/4 C
FRUIT:	APPLESAUCE 1/4 C	FRUIT COCKTAIL - 1/4 C	BANANA 1 EA	PEACHES 1/4 C	PEARS 1/4 C
GRAIN	PASTA 1/2 C	W.G. HAMBURGER BUN = 54 G	SHELL FROM BURRITO = 2 GRAIN	W.G. HAMBURGER BUN 1 EA = 54g	WG HOT DOG BUN = 42 g
CONDIMENTS:				VEGETABLE DIP 1 TBSP	CONDIMENTS
MILK:	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
<b>TODDLER SUB</b>					

**PM SNACK**

GRAIN	CHEESE STICK 1 EA = 28g	CHEEZE-ITS 1 PKG = 21 g	STRAW PASTRY DELIGHT 1 EA = 40 g	SCOOBY STIXS - 1 PKG = 28g	ANIMAL CRACKERS 1 PKG = 29g
MILK:	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ

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**WEEK 4 - TODDLER & PRE - K 2015 - 2016**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST:</b>					
FRUIT	ORANGE 1 EA	TROPICAL FRUIT 1/2 C	APPLESAUCE 1/2 C	PINEAPPLE 1/2 C	MANDARIN ORANGES 1/2 C
GRAIN	BISCUIT 1 EA 32 g HONEY 1 EA	LIFE CEREAL 1/2 C	BLUEBERRY UBR COOKIE 1 = 32.5g	BANANA MUFFIN 1 EA = 39g	RICE CHEX 1/2 C
MILK:	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ

**LUNCH**

PROTEIN:	TACOS - 1 EA MEAT 1 OZ CHEESE .5 OZ	CHICKEN LEG 1 EA - 2.82 OZ	HAMBURGER - 1 EA = 76 G	CHILI MAC 1 C = 2 OZ TURKEY	MINI QUESADILLA 3 EA = 2 OZ PROTEIN
VEGETABLE:	BLACK BEANS 1/4 C	ROMAIN SALAD 1/2 C	COOKED CARROTS 1/4 C	GREEN BEANS 1/4 C	CORN 1/4 C
FRUIT:	FRUIT COCKTAIL 1/4 C	APRICOTS 1/4 C	ORANGE 1 EA	APPLE 1 EA	PEARS 1/4 C
GRAIN	TORTILLA 1 EA = 30 g	BREADING FROM CHICKEN = .75 OZ GRAIN	W.G. HAMBURGER BUN = 54 G	PASTA 1/2 C	BREADING FROM WEDGES = 2 GRAINS SERVINGS
CONDIMENTS	SALSA 1 TBSP	POPPY SEED DRESSING 1 TBSP	CONDIMENTS		SALSA 1 TBSP
MILK:	MILK - 6 OZ	MILK - 6 OZ		MILK - 6 OZ	MILK - 6 OZ
TODDLER SUB		PEAS 1/8 C	MANDARINS 1/8 C	APPLESAUCE 1/8 C	

**PM SNACK**

GRAIN	OATMEAL RAISIN BAR 1 EA = 40 g	STRAW PASTRY DELIGHT 1 EA = 40 g	BUG GRAHAMS 1 EA = 28g	CHOC CHIP GRANOLA BAR 1 EA = 24 g	ANIMAL CRACKERS 1 PKG EA = 29 g
MILK:	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ	MILK - 4 OZ