



**The Baltimore
Montessori**

Locust Point Menu

Fruits may include, but not limited to apples, oranges, bananas, tangerines, cantaloupes, plums, watermelons, strawberries, blueberries, peaches, honeydew, papaya, pineapple, and mangoes. If your child(ren) has medical or religious dietary restrictions, please inform us in writing. Milk is 1% or 2%.

	Monday	Tuesday	Wednesday	Thursday	Friday
Menu 1					
AM Snack	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk
Lunch	Teriyaki chicken, Asian mixed vegetables, served with rice, fruit & milk	Pasta and Meatballs in a Marinara Sauce, Mixed Vegetables, Fruit and Milk	Macaroni and Cheese with Cooked Carrots, Fruit and Milk	Chicken and Cheese Quesadilla, Broccoli, Fruit and Milk	Tuna Fish on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and Milk
PM Snack	Cheese & Crackers	Goldfish Crackers	Oatmeal Cookies	Pretzels	Yogurt
Menu 2					
Am Snack	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk
Lunch	Salmon and Pasta, Green Beans, Fruit and Milk	Chicken Fried Rice, Mixed Vegetables, Fruit and Milk	Chicken and Cheese on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and Milk	Cheese and Peperoni Pizza, Broccoli, Fruit and Milk	Grilled Cheese, Tomato Soup, Fruit and Milk
PM Snack	Cheese Sticks & Cracker	Animal Crackers	Graham Crackers	Goldfish	Yogurt
Menu 3					
AM Snack	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk
Lunch	Macaroni and Cheese with Cooked Carrots, Fruit and Milk	Tuna Fish on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and Milk	Teriyaki chicken, Asian mixed vegetables, served with rice, fruit & milk	Pasta and Meatballs in a Marinara Sauce, Mixed Vegetables, Fruit and Milk	Chicken and Cheese Quesadilla, Broccoli, Fruit and Milk
PM Snack	Cheese & Crackers	Graham Crackers	Goldfish	Pretzels	Yogurt
Menu 4					
AM Snack	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk	Fruit & Milk
Lunch	Chicken Fried Rice, Mixed Vegetables, Fruit and Milk	Chicken and Cheese on Whole Wheat Bread, Cucumber and Tomato Salad, Fruit and Milk	Cheese and Peperoni Pizza, Broccoli, Fruit and Milk	Grilled Cheese, Tomato Soup, Fruit and Milk	Salmon and Pasta, Green Beans, Fruit and Milk
PM Snack	Cheese Sticks & Cracker	Animal Crackers	Goldfish	Oatmeal Cookies	Yogurt