

# The Baltimore Montessori Menu-Locust Point

Fruits may include but are 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.**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu 1</b>					
<b>AM Snack</b>	Fruit with milk	Fruit with milk	Fruit with milk	Fruit with milk	Fruit with milk
<b>Lunch</b>	Teriyaki Chicken mixed vegetables served w/rice, fruit and milk	Pasta and vegetarian meatballs in marinara sauce, fruit and milk	Mac & Cheese w/broccoli, fruit and milk	Chicken and cheese quesadilla served w/veg, fruit and milk	Vegetable lasagna, fruit and milk
<b>PM Snack</b>	Cheese and crackers	Blueberry Lemon Crispy Bites and milk	Oatmeal Cookies and milk	Fish crackers and milk	Yogurt
<b>Menu 2</b>					
<b>AM Snack</b>	Fruit with milk	Fruit with milk	Fruit with milk	Fruit with milk	Fruit with milk
<b>Lunch</b>	Chicken & Dumplings with crackers, fruit and milk	Broiled salmon, pasta, vegetable, fruit and milk	Chicken and vegetable fried rice, fruit and milk	Vegetable lentil soup with crackers, fruit and milk	Vegetable pizza, fruit and milk
<b>PM Snack</b>	Graham crackers and milk	Oatmeal Cookies and milk	Fish crackers and milk	Blueberry and Lemon Crispy Bites and milk	Yogurt
<b>Menu 3</b>					
<b>AM Snack</b>	Fruit with milk	Fruit with milk	Fruit with milk	Fruit with milk	Fruit with milk
<b>Lunch</b>	Mac & Cheese w/broccoli, fruit and milk	Vegetarian lasagna, fruit and milk	Teriyaki chicken and mixed vegetable served w/fruit and milk	Pasta and vegetarian meatballs in marinara sauce, fruit and milk	Chicken cheese quesadilla served w/vegetable, fruit and milk
<b>PM Snack</b>	Fish crackers and milk	Cheese and crackers and milk	Blueberry and Lemon Crispy Bites and milk	Oatmeal Cookies and milk	Yogurt
<b>Menu 4</b>					
<b>AM Snack</b>	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk	Fruit and milk
<b>Lunch</b>	Chicken and vegetable fried rice served w/fruit and milk	Vegetable lentil soup with crackers, fruit and milk	Vegetable pizza, with fruit and milk	Chicken & Dumplings with crackers, fruit and milk	Broiled salmon and pasta, served with fruit and milk
<b>PM Snack</b>	Oatmeal Cookies and milk	Graham crackers and milk	Cheese and crackers w/milk	Fish crackers and milk	Yogurt