



Belltower Montessori Academy

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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	Drinks: 1% Milk or Pure Juice Water (Offered all day)			Oatmeal/ Fruit/ Milk Fish Sticks and Mashed potatoes with Green Beans. Fresh Fruit. Trail Mix
4	5	6	7	8
Bagel / Cream Cheese/ Juice Alfredo Pasta with Broccoli. Fresh Fruit. Carrots with Ranch Dip	Cheerios / Fruit / Milk Vegetable Fried Rice. Fresh Fruit Pretzels & Cranberries	Yogurt / Fruit / Graham Crackers Vegetarian Chili with rice. Fresh Fruit. String Cheese & Raisins	Applesauce/ Wafers/ Milk Spaghetti with Marinara sauce and sweet corn. Fresh Fruit. Wheat Thins & Fruit	Oatmeal/ Fruit/ Milk Tuna Wrap and Mixed Vegetables. Fresh Fruit. Trail Mix
11	12	13	14	15
Bagel / Cream Cheese/ Juice Turkey Tacos. Fresh fruit Carrots with Ranch Dip	Cheerios/ Fruit / Milk Grilled Cheese sandwich with a side of Peas. Fresh Fruit. Pretzels & Cranberries	Yogurt / Fruit/ Graham Crackers Baked Chicken with Broccoli. Fresh Fruit String Cheese & Raisins	Applesauce/ Wafers/ Milk Quesadilla with Green beans Fresh Fruit Wheat Thins & Fruit	Oatmeal/ Fruit/ Milk Tuna sandwich and Mixed Vegetables. Fresh Fruit. Trail Mix
18	19	20	21	22
Bagel / Cream Cheese/ Juice Baked Macaroni and Cheese with broccoli. Fresh Fruit. Carrots with Ranch Dip	Cheerios / Fruit / Milk Vegetable Fried Rice. Fresh Fruit Pretzels & Cranberries	Yogurt / Apples / Graham Crackers Spaghetti with Marinara sauce and sweet corn. Fresh Fruit String Cheese & Raisins	Applesauce/ Wafers / Milk Turkey and Cheese sandwiches with carrots. Fresh Fruit Wheat Thins & Fruit	Oatmeal/ Fruit / Milk Baked Fish and Corn. Fresh Fruit. Trail Mix
25	26	27	28	29
Bagel / Cream Cheese / Juice Baked Pasta with Meat sauce Broccoli. Fresh Fruit. Vegetables with Ranch Dip	Cheerios / Fruit / Milk Chicken fried rice with Mixed vegetables . Fresh Fruit. Pretzels & Cranberries	Yogurt / Apples / Graham Crackers Turkey Tacos. Fresh fruit String Cheese & Raisins	Applesauce/ Wafers / Milk Chicken salad sandwich carrots and Fresh fruit Wheat Thins & Fruit	Oatmeal/ Fruit/ Milk Tuna Wrap and Mixed Vegetables. Fresh Fruit. Trail Mix