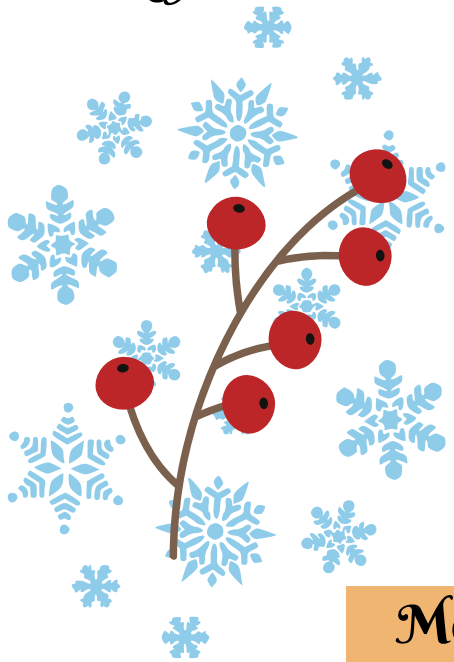


Weekly Menu



CHI Montessori Academy

CHILDREN'S HOUSE FOR INSTRUCTION

Week of Monday, January 23rd

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

*Cinnamon Raisin Bagels
w/Jelly
2% Milk

*Breakfast Bars
Organic Blueberries

*French Toast Sticks
100% Apple Juice

Whole Grain Cereal
2% Milk

*Assorted Muffins
Sliced Bananas

Lunch

Fish Sticks
*Macaroni & Cheese
Mixed Vegetables
Apple Slices
2% Milk

Red Beans & Rice
Fresh Salad
Orange Wedges
2% Milk

*Chicken Alfredo
Green Beans
Sliced Pears
2% Milk

*Meatloaf
Oven Roasted Potatoes
Whole Kernel Corn
Fruit Cocktail
2% Milk

*Chicken Salad on Whole
Grain Bread
Fresh Salad
Sliced Peaches
2% Milk

Afterschool Snack

Optional Choices:
Saltine crackers
Goldfish
Graham crackers
Animal crackers
fruit or juice

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Saltine crackers
Goldfish
Graham crackers
Animal crackers
fruit or juice

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Saltine crackers
Goldfish
Graham crackers
Animal crackers
fruit or juice

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Saltine crackers
Goldfish
Graham crackers
Animal crackers
fruit or juice

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Goldfish
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Animal crackers
fruit or juice

*Contains dairy and/or egg ingredients

No pork or beef is served at CHI Montessori