

## SUNFLOWER MONTESSORI SCHOOL – SPRING MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM	Oatmeal with seasonal fruit	Morning glory muffins with seasonal fruit	Bagels and cream cheese with seasonal fruit	Pancakes with maple syrup and seasonal fruit	Banana-zucchini loaf with seasonal fruit
CASA Lunch	Veggie Linguine with Zucchini and Chickpeas	Spaghetti with Tomato Sauce and Meatballs	Roasted Chicken and Romano Bean Stew	Yam and Lentil Soup	Beef and Veggie Burgers with Sweet Potato Fries
Snack PM	Apple slices with cinnamon and veggie sticks	Guacamole/Salsa with tortilla chips	Banana Bread	Cheese Quesadillas with cucumber slices	Mary Crackers with Jam and Nut Butter

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM	Oatmeal with seasonal fruit	Morning glory muffins with seasonal fruit	Bagels and cream cheese with seasonal fruit	Pancakes with maple syrup and seasonal fruit	Banana-zucchini loaf with seasonal fruit
CASA Lunch	Chicken and Vegetable Stew	One Pot Pasta	Chicken and Gnocchi Dumplings	Sweet Potato Risotto	Homemade assorted Pizza with Veggie Sticks
Snack PM	Apple slices with cinnamon and veggie sticks	Guacamole/Salsa with tortilla chips	Banana Bread	Cheese Quesadillas with cucumber slices	Mary Crackers with Jam and Nut Butter

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Snack AM	Oatmeal with seasonal fruit	Morning glory muffins with seasonal fruit	Bagels and cream cheese with seasonal fruit	Pancakes with maple syrup and seasonal fruit	Banana-zucchini loaf with seasonal fruit
CASA Lunch	Cauliflower and Chickpea Stew with Basmati Rice	Pesto Pasta with Green Peas	Beef Tacos and Salsa, Guacamole and Black Beans	Lentil Vegetable Soup	Spinach Rice Pilaf with Greek Salad
Snack PM	Apple slices with cinnamon and veggie sticks	Guacamole/Salsa with tortilla chips	Banana Bread	Cheese Quesadillas with cucumber slices	Mary Crackers with Jam and Nut Butter

- A selection of local and organic vegetables and fruits is offered throughout the day.
- Lunches are served with a mixed salad, veggie sticks, or cooked vegetable dishes sourced from local farmers.
- All items are prepared from scratch and fresh on site, on a daily basis.
- Herbal tea and water infused with fresh fruit and vegetables are served throughout the day.
- Hemp seeds, pumpkin seeds, and sunflower seeds are added for extra protein.
- Children with diet restrictions or allergies are provided with alternatives for breakfast, snack and lunch.

