



# Spring 2019

## Glen Park Montessori Preschool Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>AM Snack</b>	<b>AM Snack</b>	<b>AM Snack</b>	<b>AM Snack</b>
Cheese puffs, Tangerines	Baguettes, sunflower butter, fruit spread	Blueberries, pita bread, apple butter	Corn flakes, bananas	Cheerios, whole milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Hummus, pita bread, peas, raisins, apple slices	Buttered noodles, cheese sauce or pesto, broccoli, corn	Chicken bites (or tofu), salad: cherry tomatoes, avocado, parsley (in separate containers so children can choose), green beans	Turkey hot dogs, buns, Pineapple/strawberries, corn chips	Turkey or veggie meatballs, Spanish rice, applesauce, broccoli and red pepper slices
<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>
Fruit, Akmak crackers, cream cheese (optional)	Kashi crackers, apple slices, or seasonal fruit	Turkey roll ups, cheese slices, fruit	Seasonal fruit, graham crackers	Graham crackers, coconut spread, strawberry

\*We take pride in the food that we serve at GPM. Our food is organic and locally sourced whenever possible.