



OMS Montessori
September 2022
 Toddler & Casa Menu



Snacks

Served with Milk or Water

Morning

Afternoon

- Monday: Cereal with Milk
- Tuesday: Scone and Yogurt
- Wednesday: Bagel & Cream Cheese
- Thursday: Muffin & Yogurt
- Friday: Granola Bar & Apple Sauce

- Cornbread & Apple Sauce
- Banana Chips, Seeds & Raisins
- Graham Crackers & Banana
- Raw Veggies & Cheddar Bunnies
- Pita Bread & Tzatziki

Entrées

Served with Fruits & Milk or Water

Monday	Tuesday	Wednesday	Thursday	Friday
Grapes	Pineapple	Apples	Honeydew	Pears
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
Labour Day (School Closed)	Tuna Salad Wrap and Garden Salad with Balsamic	Beef Bourignon Pasta with Roasted Carrots	Turkey Meatloaf with Mashed Potatoes and Peas	Chicken Cheese Pizza with Creamy Coleslaw
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
Mac and Cheese, Roasted Chicken, Broccoli, Cauliflower and Carrots	Beef Cheddar Wrap with Italian Quinoa Salad	Roasted Turkey with Roasted Sweet Potatoes and Peas	Chicken Cacciatore with Rice and Roasted Green Beans	Hamburger Cheese Pizza with Caesar Pasta Salad
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Beef Bolognese Pasta with Roasted Broccoli & Cauliflower	Turkey Cheddar Wrap with Potato Salad	BBQ Chicken, Roasted Zucchini, Peppers, Carrots and Rice	Beef Burrito with Mexican Baked Corn	Chicken Cheese Pizza with Caprese Salad
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
Pasta Marinara, Roasted Chicken and Green Beans	Tuna Salad Wrap and Asian Edamame Salad with Balsamic	Asian Stir-fry with Chicken, Broccoli, Zucchini and Peppers	Turkey Sausage with Perogies and Roasted Root Vegetables	Hamburger Cheese Pizza with Ranch Macaroni Salad
3-Oct	4-Oct	5-Oct	6-Oct	7-Oct
Pasta Alfredo, Roasted Turkey, Broccoli & Cauliflower	Chicken Salad Wrap with Mexican Chopped Salad	BBQ Beef, Roasted Sweet Potatoes with Peas and Carrots	Turkey Shepherd's Pie with Roasted Green Beans	PD Day (School Closed)