



OMS Montessori
October 2024
 Toddler & Casa Vegetarian Menu



Snacks

Served with Milk or Water

Morning

Afternoon

Monday: Cereal with Milk
 Tuesday: Bagel with Cream Cheese
 Wednesday: Croissant & Grapes
 Thursday: Cornbread & Yogurt
 Friday: Banana Bread & Apple Sauce

Scones & Banana Chips
 Granola Bars & Raisins
 Cheese and Pretzels
 Raw Veggies & Dip
 Pudding & Crackers

Entrees

Served With Fruits & Milk or Water

Monday	Tuesday	Wednesday	Thursday	Friday
Banana	Pears	Apples	Pineapple	Mandarin
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Pasta Rose with Tofu & Broccoli, Pepper, Zucchini	Beyond Beef Vegetables Goulash with Rice & Green Beans	Tofu Shawarma with Fattoush Veggie Salad	Beyond Beef Kebab & Vegan Mashed Potato & Corn Salad	Vegan Cheese Pizza & Greek Salad
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Lemon Rosemary Tofu with Roasted Potatoes & Ratatouille	Beyond Meatballs w/ Pasta Alfredo & Rice & Italian Veggies	Vegan Egg Salad Wrap & Tomato Vegetable Soup	Beyond Beef Bolognese Pasta with Roasted Green Beans, Broccoli and Peppers	School Closed
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
School Closed	BBQ Tofu with Rice & Roasted Butternut Squash with Cranberries	Beyond Beef Gyro Wrap with Broccoli Cheddar Soup	Pasta Rose with Tofu, Cauliflower, Peppers & Zucchini	Vegan Cheese Pizza & Potato Salad
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Black Bean Cacciatore with Paprika Roasted Potatoes & Green Beans and Tomatoes	Beyond Beef Bourignonnwith Roasted Broccoli, Cauliflower & Carrots	Vegetarian Wrap with Butternut Squash Soup	Beyond Beef Vegetable Goulash with Rice & Grilled Veggies	Vegan Cheese Pizza & Greek Tortellini Pasta Salad
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Beyond Beef Cutlet with Pesto Potatoes & Mixed Veggies	Tofu Tetrazini Pasta & Sauteed Green Cabbage and Onions	Falafal Wrap & Vegetarian Soup	Baked Tofu with Rice Pilaf & Corn Saute	Vegan Cheese Pizza & Quinoa Garden Salad