



# OMS Montessori JULY 2025



## Toddler & Casa Vegetarian Menu

### Snacks

Served with Milk or Water

#### Morning

#### Afternoon

Monday:	Cereal with Milk	Bagel & Cream Cheese
Tuesday:	Croissant & Yogurt	Cheese & Grapes
Wednesday:	Scones & Apple Sauce	Tortilla Chips & Salsa
Thursday:	Cinnamon Swirl Bread & Cream Cheese	Raw Veggies & Dip
Friday:	Banana Bread & Yogurt	Boiled Eggs & Pretzels

### Entrees

Served With Fruits & Milk or Water

Monday	Tuesday	Wednesday	Thursday	Friday
Bananas	Peaches	Melons	Apples	Watermelon
30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
Baked Tofu with Lemon Rice & Honey Roasted Carrots	School Closed	Falafel Wrap & Quinoa Curry Salad	Tofu Chick'n Fried with Mashed Potatoes & Peas	Vegetarian Cheese Pizza with Greek Peasant Salad
7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
Beyond Beef Crumbles Pasta Rose with Steamed Broccoli & Green Beans	Baked Tofu with Roasted Sweet Potatoes & Roasted Vegetables	Egg Salad Sandwich with Greek Tortellini Pasta Salad	Tex-Mex Tofu with Pineapple Rice & Parmesan Cauliflower	Vegetarian Cheese Pizza with Potato Salad
14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
Baked Tofu with Lemon Rice & Honey Roasted Carrots	Mac and Cheese with BBQ Tofu and Italian Vegetables	Falafel Wrap & Quinoa Curry Salad	Tofu Chick'n Fried with Mashed Potatoes & Peas	Vegetarian Cheese Pizza with Greek Peasant Salad
21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
Beyond Beef Crumbles Pasta Rose with Steamed Broccoli & Green Beans	Baked Tofu with Roasted Sweet Potatoes & Roasted Vegetables	Egg Salad Wrap with Greek Tortellini Pasta Salad	Tex-mex Tofu with Pineapple Rice & Parmesan Cauliflower	Vegetarian Cheese Pizza with Potato Salad
28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
Baked Tofu with Lemon Rice & Honey Roasted Carrots	Mac and Cheese with BBQ Tofu and Italian Vegetables	Falafel Wrap & Quinoa Curry Salad	Tofu Chick'n Fried with Mashed Potatoes & Peas	Vegetarian Cheese Pizza with Greek Peasant Salad