



OMS Montessori AUGUST 2025



Toddler & Casa Vegetarian Menu

Snacks

Served with Milk or Water

Morning

Afternoon

Monday: Cereal with Milk
Tuesday: Granola Bar & Apple Sauce
Wednesday: Blueberry Muffin & Yogurt
Thursday: Pita Bread with Sun Butter
Friday: Banana Bread & Dried Fruit

Bagel & Cream Cheese
Cheese & Grapes
Tortilla Chips & Salsa
Raw Veggies & Dip
Boiled Eggs & Crackers

Entrees

Served With Fruits & Milk or Water

Monday	Tuesday	Wednesday	Thursday	Friday
Bananas	Peaches	Melons	Apples	Watermelon
4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
School Closed	Tex-Mex Tofu with Roasted Sweet Potatoes & Tomato Green Beans	Falafel Wrap & Bistro Pasta Salad	Beyond Beef Crumbles with Rice, Roasted Zucchini & Carrots	Vegetarian Cheese Pizza with Greek Salad
11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
Beyond Beef Crumbles with Mashed Potatoes, Roasted Broccoli & Cauliflower	Baked Tofu with Alfredo Pasta & Green Beans	Egg Salad Sandwich with Potato Salad	Baked Tofu with Rice & Ratatouille	Vegetarian Cheese Pizza with Caesar Salad
18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
Mac & Cheese with Chick'n Fried Tofu, Steamed Broccoli & Cauliflower	Tex-Mex Tofu with Roasted Sweet Potatoes & Tomato Green Beans	Falafel Wrap & Bistro Pasta Salad	Beyond Beef Crumbles with Rice, Roasted Zucchini & Carrots	Vegetarian Cheese Pizza with Greek Salad
25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
Beyond Beef Crumbles with Mashed Potatoes, Roasted Broccoli & Cauliflower	Baked Tofu with Alfredo Pasta & Green Beans	Egg Salad Sandwich with Potato Salad	School Closed	School Closed
1-Sep	2-Sep	3-Sep	4-Sep	5-Sep

August 25-27

Toddlers Only