



Richmond Hill Montessori JULY 2026

LUNCH MENU

♥ Healthy meals. Happy kids! ♥



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 	Breakfast: Pancakes <hr/> Lunch: Pizza Rolls Beans Peaches Milk/Water	Breakfast: Cereal <hr/> Lunch: Chicken Nuggets/ Veggie Nuggets Broccoli Apple Sauce Water/Milk	Breakfast: Waffles <hr/> Lunch: Mini Tacos Veggie Straws Blueberries Water/Milk	Breakfast: Yogurt Parfait <hr/> Lunch: Turkey Meatballs w/Marinara Sauce Corn Oranges Water/Milk	Breakfast: Cereal <hr/> Lunch: Mac & Cheese Peas Peaches Milk/Water
WEEK 2 	Breakfast: Waffles <hr/> Lunch: French Toast Green Beans Mixed Fruit Milk/Water	Breakfast: Yogurt Parfait <hr/> Lunch: Mini Turkey corn dog Veggie straws Mixed fruits Milk/Water	Breakfast: Pancakes <hr/> Lunch: Chicken Nuggets Pineapple Corn Milk/Water	Breakfast: Cereal <hr/> Lunch: Pizza Rolls Broccoli Oranges Milk/Water	Breakfast: Waffles <hr/> Lunch: Turkey cheese sandwich Oranges, Peas Milk/Water
WEEK 3 	Breakfast: Pancakes <hr/> Lunch: Cheese Quesadilla Veggie Straws Pineapple Milk/Water	Breakfast: Yogurt <hr/> Lunch: Turkey Meatballs w/Marinara Sauce Corn Oranges Water/Milk	Breakfast: Pancakes <hr/> Lunch: Chicken Nuggets Pineapple Corn Milk/Water	Breakfast: Cereal <hr/> Lunch: Pizza Rolls Broccoli Oranges Milk/Water	Breakfast: Waffles <hr/> Lunch: Turkey cheese sandwich Oranges, Peas Milk/Water
WEEK 4 	Breakfast: Pancakes <hr/> Lunch: Chicken Fingers Corn Apple Sauce Water/Milk	Breakfast: Yogurt <hr/> Lunch: Turkey Meatballs w/Marinara Sauce Corn Oranges Water/Milk	Breakfast: Cereal <hr/> Lunch: Pizza Rolls Broccoli Oranges Milk/Water	Breakfast: Waffles <hr/> Lunch: Chicken Nuggets Mixed vegetables Blueberries Milk/Water	Breakfast: Pancakes <hr/> Lunch: French Toast Corn Oranges Milk/Water

All meals include milk or water.

♥ Healthy food. Happy kids! ♥

