



Odyssey Montessori

BREAKFAST

- MON** - Organic Cereal with Organic Milk, Fresh Strawberries and Organic Milk
- TUE** - Freshly Made Scrambled Eggs, Buttered Whole Wheat Bread, Fresh Peaches and Organic Milk
- FRI** - Bagel w/ Cream Cheese, Fresh Apple Slices and Organic Milk
- WED** - Waffles w/ Sweet Cream Butter, Fresh Bananas and Organic Milk
- THU** - Oatmeal w/ Fresh Fruit and Organic Milk

LUNCH

- MON** - Organic Quinoa, Rice, Veggies and Egg, Fresh Peaches and Water
- TUE** - Freshly Made Beef Tacos, Fresh Oranges and Water
- WED** - Freshly Made Chicken Noodle Soup w/ Celery, Carrots, Potato & Pasta, Fresh Fruit and Water
- THU** - Pasta w/ Marinara Sauce and Fresh Salad Greens, Fresh Apple Slices and Water
- FRI** - Rice Pilaf (Seasoned in Fresh Chicken Broth and Spices), Broccoli Florets, Fresh Fruit, and Water

SNACKS

- MON** - Organic Yogurt Parfait w/ Fresh Strawberries and Water
- TUE** - Fresh Fruit Salad and Organic Milk
- WED** - Whole Wheat Thins, Fresh fruit and Organic Milk
- THU** - Toasted Whole Wheat bread with Jelly, Fresh Fruit and Organic Milk
- FRI** - Fresh Fruit Salad and Organic Milk

NO PEANUTS OR NUT PRODUCTS ALLOWED!!!
All items subject to change without notice
The above meals are provided as a courtesy if you do not send in one.