



Odyssey Montessori

Breakfast

- MON** - Organic Cereal, Fresh Fruit, Organic Milk
- TUE** - Oatmeal, Fresh Fruit and Organic Milk
- WED** - Bagel w/ Cream Cheese, Fresh Fruit and Organic Milk
- THU** - Scrambled Eggs, Whole Wheat Toast, Fresh Fruit and Organic Milk
- FRI** - Whole Grain Waffles w/ Sweet Cream Butter, Fresh Fruit and Organic Milk

LUNCH

- MON** - Pasta w/ Fresh Tomato & Spinach, Topped w/ a Creamy Alfredo Sauce, Fresh Fruit, Water
- TUE** - Pearled Barley, Rice and Quinoa blend w/ Chicken Cubes, Mixed Vegetables, Fresh Fruit and Water
- WED** - Chicken & Broccoli Alfredo, Fresh Fruit and Water
- THU** - Beef Quesadilla w/ Lettuce, Tomato, & Cheese, Fresh Fruit and Water
- FRI** - Personal Pizza w/ Mozzarella Cheese & Fresh Spinach, Fresh Fruit and Water

SNACKS

- MON** - Toasted Whole Wheat Bread with Organic Jelly Spread, Organic Milk
- TUE** - Whole Wheat Cracker, Fresh Fruit and Organic Milk
- WED** - Fresh Fruit & Yogurt Parfait
- THU** - Organic Trail Mix w/ Fresh Fruit and Organic Milk
- FRI** - Fresh Fruit Salad and Organic Milk

NO PEANUTS OR NUT PRODUCTS ALLOWED!!!

The above meals are provided as a courtesy if you do not send in one and are subject to change without notice.