



# Odyssey Montessori

## BREAKFAST

- MON** - Waffles w/ Butter, Fresh Fruit and Organic Milk
- TUE** - Organic Cereal with Organic Milk, Fresh Fruit and Organic Milk
- WED** - Breakfast Burrito (Scrambled Eggs with Cheese & Salsa in a Whole Wheat Tortilla), Fresh fruit and Organic Milk
- THU** - French toast, Organic Yogurt, Fresh Berries and Organic Milk
- FRI** - Bagel w/ Cream Cheese, Fresh Fruit and Organic Milk

## LUNCH

- MON** - Pasta w/ Spinach & Tomato Sauce, Fresh Fruit, and Water
- TUE** - Tuna Fish Salad with Whole Wheat Bread, Fresh Fruit and Water
- WED** - Fresh Made Chicken Stir Fry w/ Carrots, Peas, Peppers & other Veggies, Fresh Fruit and Water
- THU** - Chicken & Cheese Quesadilla, Fresh Avocado Slices, Fresh Fruit Slices and Water
- FRI** - BBQ Chicken Sandwich, String Beans, Fresh Fruit, and Purified Water

## SNACKS

- MON** - Pretzel Thins w/ Cheese Chunks and Water
- TUE** - Jelly on Whole Wheat Toast, Organic Milk
- WED** - Whole Wheat Thins, Fresh Fruit and Organic Milk
- THU** - Fresh Sliced Apples w/ No Nut Butter 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.