



If your child has special food requirements, please let us know through Ottawa Montessori and we will modify your child's meals as needed.

Ottawa Montessori January Lunch Lady Menu

January Snacks					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Cold Cereal Milk	Pineapple Yogurt Parfait Milk	Dried fruit & Crackers Milk	Pretzels & Cheese Milk	Apple Sauce with homemade granola Milk
PM	Snack Mixture Milk	Carrot Cake Milk	Bagels & Cream Cheese Milk	Whole grain tortilla chips with salsa Milk	Brownies Milk
January Entrées					
Week January 9th	Tortellini & Tomato Sauce Fresh Veggies Seasonal Fresh Fruit	Build your own Shepherd's Pie with real mashed potatoes & vegetables Seasonal Fresh Fruit	Asian Meatballs with Brown Rice & Vegetables Seasonal Fresh Fruit	Tomato Soup with grated cheese & goldfish topping Seasonal Fresh Fruit	Tex-Mex Chicken & Rice Seasonal Fresh fruit
Week Jan 16th	Spaghetti & Meatballs Green Salad with dressing on the side Seasonal Fresh Fruit	Build your own Hot Chicken Sandwich Day with vegetables Seasonal Fresh Fruit	Chicken & Veggie Stirfry Seasonal Fresh Fruit	Mini Meatloaves with Mashed potatoes & corn Seasonal Fresh Fruit	Turkey Joes Fresh Veggies Seasonal Fresh Fruit
Week January 23rd	Sweet & Sour Meatballs with rice & Peas	Build your own Chicken & Veggie Wraps Chicken Seasonal Fresh Fruit	Curly Crazy Lasagna Seasonal Fresh Fruit	Chicken Noodle Soup with a whole grain bun Seasonal Fresh Fruit	Chicken Fingers with brown rice & corn Seasonal Fresh Fruit