



Art of Life
Nursery and Montessori School

Week One: January 02 -06

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal with Apples & Bananas Milk/Water	Croissants with Jam Apples & Peaches Milk/Water	Toasts with Bananas & Pears Milk/Water	Bagels and Cream Cheese with Oranges Milk/Water	Buttered Raisin Toast with Banana & Peach Slices Milk/Water
Hamburger with French Fries Garden Salads Cucumber Milk/Water	Teriyaki Beef with Steamed Rice and Mixed Vegetables Milk/Water	Home made Corn Soup with Pita Bread and cheese Quesadilla Steamed Vegetables Milk/Water	Chicken Strips with Roasted Potatoes and Mixed Vegetables Milk/water	Pizza and Raw Vegetables with Dip Milk/Water
Crackers & Cheese with Green Apples Juice/Water	Crackers & fruit Juice/Water	Fruit & Yogurt Water/Juice	Arrowroot cookies & Fruit Juice/Water	Crackers & fruit Juice/Water



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Week Two: January 09 - 13

Monday	Tuesday	Wednesday	Thursday	Friday
Apples and Oranges with Waffles Milk/Water	Corn flakes with Bananas and Pear Slices Milk/Water	English Muffins Peach and Apple Slices Milk/Water	Croissants with Banana and Apples Milk/Water	Toast and Jam with Orange & Grapefruit Slices Milk/Water
Chicken and Egg Salad Sandwiches with Raw Vegetables Milk/Water	Stewed Beef with Vegetable and Bread Rolls Milk/Water	Home Made Chicken Noodle Soup with Vegetables Vegetable Sticks	Ravioli and with Meat Sauce & Salad Milk/Water	BBQ Chicken with Rice & Mixed Vegetables Milk/Water
Cheese and cracker Fruit Juice/Water	Arrowroot cookies Fruit Juice/Water	Yogurt with Banana Juice/Water	Animal crackers & Nectarines Juice/Water	Crackers Fruit Juice/Water



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Week Three: January 16 – 20

Monday	Tuesday	Wednesday	Thursday	Friday
Waffles with Apples & Pink Grapefruit Milk/Water	Cereal with Bananas & Oranges Milk/Water	Croissants with Pears & Bananas Milk/Water	Bagels with Cheese & Apple Slices Milk/Water	Toast and Jam Fruit Milk/Water
Fish sticks and French Fries and Salad Milk/Water	Macaroni and Cheese with Beef Balls and Salad Milk/Water	Cheese & Potato Perogies with Sour Cream Vegetable Sticks Milk/Water	Lasagna with Garlic Bread. Caesar Salad Milk/Water	Chicken A La King with Steamed Rice Mix Vegetable Milk/Water
Cheese and Crackers Fruit Juice/Water	Animal Cookies Fruit Juice/Water	Arrowroot Cookies & Fruit Juice/Water	Pita Bread & Fruit Juice/Water	Yogurt & Fruit Juice/Water



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Week Four: January 23 – 27

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal with Fruit Milk/Water	Waffles with Apple and Orange Slices Milk/Water	Croissants with Melon and Apples Milk/Water	English muffins and Pear & Apple slices Milk/Water	Raisin Toast with Melon and Oranges Milk/Water
Spaghetti and Meat Sauce with Salad Milk/Water	Grilled cheese Sandwich Raw Vegetables Milk/Water	Tuna Casserole with Cream of Mushroom Soup and Vegetables Milk/Water	Chicken Chow Mein with Mixed Vegetables Milk/Water	Ham and Chicken Sandwiches with Raw Vegetables Milk/Water
Yogurt and Fruit Juice/Water	Crackers and Cheese Fruit Juice/Water	Arrowroot Cookies Fruit Juice/Water	Toast & jam Fruit Juice/Water	Fruit Crackers Juice/Water