



**Art of Life**  
Nursery and Montessori School

**Week One: January 02 -06**

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



**Art of Life**  
Nursery and Montessori School

**Week Two: January 09 - 13**

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



**Art of Life**  
Nursery and Montessori School

### **Week Three: January 16 – 20**

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



**Art of Life**  
Nursery and Montessori School

**Week Four: January 23 – 27**

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