







OPTIONAL LUNCH PROGRAM /FLINTRIDGE MONTESSORI

Fruits will vary according to season and availability **September 2020**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Cheese Melt sandwich</p> <p>Salad</p> <p>Milk or Juice</p> <p>Apples</p> 	 <p>Sesame Chicken noodle soup</p> <p>Salad</p> <p>Apple Juice (no sugar added)</p> <p>Banana</p>	<p>Macaroni Cheese with shredded chicken</p> <p>Milk</p>   <p>Fruit</p>	<p>Teriyaki Chicken Veggies & noodles</p> <p>Milk / fruit</p> 	 <p>Fish Sticks</p> <p>Fries, Macaroni</p> <p>Coleslaw</p> <p>100% no sugar Orange juice & Fruit</p> <p>banana/watermelon</p>

Meals are served individually in sanitized utensils. Children eat separately and no sharing of food. Meals will consist of 4 oz of protein 4 oz of fruit/vegetables and 6 oz of juice or milk.

If your child has an allergy, please notify us and provide a photograph of the child.

Name of child:

Class Rm: per meal: \$5.50

Lunch fees are payable in advance beginning of the month separate from tuition in cash or cash check handover to teacher on duty.