



My Quest Five Week Rotating Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	B Cereal & Milk AM S Yogurt & Graham Crackers L Grilled Cheese, Tomato Soup, Fruit & Milk. PM S Saltine Crackers with Jelly	B Butter Pancakes & Milk. AM S Fruit Cocktail L Taco Bar, Ground Beef, Rice, Beans, Tortilla Chips & Milk. PM S Trial Mix	B Cheesy Toast & Milk AM S Carrot/Vanilla Muffins L Mac & Cheese, Steamed Broccoli, Applesauce & Milk. PM S Veggie Chips	B Hash brown, Sausage & Milk AM S Sliced Peaches L Chicken Nuggets, Potato Wedges, Mixed Vegetables & Milk. PM S Pretzels	B French Toast, Bananas & Milk AM S Fruit Smoothie & Vanilla Wafers. L Cheese Pizza, Tater Tots, Jell-O & Milk. PM S Oatmeal Cookies
WEEK TWO	B Cereal & Milk AM S Vanilla Pudding & Cookies L Turkey Quesadillas, Black Beans, Sour Cream & Milk. PM S Mixed Berries	B Waffles & Milk AM S Seasonal Fruit L Fish Sticks, Mashed Potatoes, Baby Carrots, Ranch Dressing & Milk. PM S Cinnamon Rolls	B Biscuits with Jelly & Milk AM S Cheese Sticks & Animal Crackers. L Pasta with Marinara Sauce, Beef Meat Balls, Peas & Milk. PM S Tangerines	B Mini bagels with Cream Cheese & Milk. AM S Seasonal Fruit L Mini Hotdogs in Croissant Rolls, Baked Fries, Corn Nibbles & Milk PM S Yogurt Tubes	B Blueberry Muffin & Milk AM S Fruit Multigrain Bar L Chili, Saltine Crackers, Shredded Cheese, Apple Wedges & Milk. PM S Rice Cakes
WEEK THREE	B Cereal & Milk AM S Chocolate Chip Muffins L Turkey and Cheese Sandwich, Vegetables, Fruit & Milk. PM S Pretzels	B Butter Pancakes & Milk. AM S Sliced Peaches L Taco Bar, Ground Beef, Rice, Beans, Tortilla Chips & Milk. PM S Oatmeal Cookies	B Cheesy Toast & Milk AM S Fruit Smoothie & Vanilla Wafers. L Butter Noodles, Garlic Bread Green Beans & Milk. PM S Saltine Crackers with Jelly	B Hash brown, Sausage & Milk. AM S Fruit Cocktail L Chicken Nuggets, Potato Wedges, Mixed Vegetables, & Milk. PM S Trial Mix	B French Toast, Bananas & Milk AM S Yogurt & Graham Crackers. L Cheese Pizza, Tater tots, Jell-O & Milk. PM S Applesauce
WEEK FOUR	B Cereal & Milk. AM S Fruit Multigrain Bar L Bean & Cheese Burritos, Vegetable Salad, Apple Wedges, & Milk. PM S Cinnamon Rolls	B Waffles & Milk AM S Seasonal Fruit L Cheeseburger, French Fries, Baby Carrots & Milk. PM S Yogurt Tubes	B Biscuits with Jelly & Milk. AM S Vanilla Pudding & Cookies L Pasta with Alfredo Sauce, Mixed Vegetables, Bread Sticks, & Milk. PM S Seasonal Fruit	B Mini bagels with Cream Cheese & Milk. AM S Seasonal Fruit L Fish Sticks, Mashed Potatoes, Peas, Ranch Dressing & Milk. PM S Rice Cakes	B Blueberry Muffin & Milk AM S Cheese Sticks & Animals Crackers L Chili, Saltine Crackers, Shredded Cheese & Milk. PM S Tangerines
WEEK FIVE	B Cereal & Milk. AM S Banana Bread L Grilled Chicken Strips, Rice, Vegetables & Milk PM S Fruit Cocktail	B Fruit and Yogurt Bowl & Milk. AM S Cheese Sticks & Graham Crackers L Meatball Subway, Mixed Vegetables & Milk. PM S Fruit Multigrain Bar	B Oatmeal, Toast & Milk AM S Gold fish & Bananas L Vegetable Soup, Hawaiian Bread & Milk PM S Veggie Chips	B Waffles & Milk. AM S Cheerios & Raisin Mix L Turkey & Cheese Wrap, Sweet Potato Wedges, Cucumber Sticks, & Milk PM S Fruit Muffins	B Scramble Eggs, Sausage & Milk. AM S Crescent Rolls L Cheese Pizza, Tater tots, Jell-O & Milk. PM S Pineapple Chunks

B = Breakfast

AM S = Morning Snack

L = Lunch

PM S = Afternoon Snack

My Quest Montessori is a **NUT FREE** school. Snacks brought from home must be Nut Free products.

Water is provided in every meal. Whole milk is provided to 12–24 months old, and 1% milk is provided to children 2 and up.



My Quest Montessori

Weekly Menu Cycle 2023-2024

Weekly Menu Date	Menu Cycle
July 03, 2023 - July 07, 2023	1
July 10, 2023 - July 14, 2023	2
July 17, 2023 - July 21, 2023	3
July 24, 2023 - July 28, 2023	4
July 31, 2023 - Aug 04, 2023	1
Aug 07, 2023 - Aug 11, 2023	2
Aug 14, 2023 - Aug 18, 2023	3
Aug 21, 2023 - Aug 25, 2023	4
Aug 28, 2023 - Sept 01, 2023	5
Sept 04, 2023 - Sept 08, 2023	1
Sept 11, 2023 - Sept 15, 2023	2
Sept 18, 2023 - Sept 22, 2023	3
Sept 25, 2023 - Sept 29, 2023	4
Oct 02, 2023 - Oct 06, 2023	1
Oct 09, 2023 - Oct 13, 2023	2
Oct 16, 2023 - Oct 20, 2023	3
Oct 23, 2023 - Oct 27, 2023	4
Oct 30, 2023 - Nov 03, 2023	1
Nov 06, 2023 - Nov 10, 2023	2
Nov 13, 2023 - Nov 17, 2023	3
Nov 20, 2023 - Nov 24, 2023	4
Nov 27, 2023 - Dec 01, 2023	5
Dec 04, 2023 - Dec 08, 2023	1
Dec 11, 2023 - Dec 15, 2023	2
Dec 18, 2023 - Dec 22, 2023	3
Dec 25 2023 - Dec 29, 2023	4

Weekly Menu Date	Menu Cycle
Jan 01, 2024 – Jan 05, 2024	1
Jan 08, 2024 – Jan 12, 2024	2
Jan 15, 2024 – Jan 19, 2024	3
Jan 22, 2024 – Jan 26, 2024	4
Jan 29, 2024 – Feb 02, 2024	5
Feb 05, 2024 – Feb 09, 2024	1
Feb 12, 2024 – Feb 16, 2024	2
Feb 19, 2024 – Feb 23, 2024	3
Feb 26, 2024 – Mar 01, 2024	4
Mar 04, 2024 – Mar 08, 2024	1
Mar 11, 2024 – Mar 15, 2024	2
Mar 18, 2024 – Mar 22, 2024	3
Mar 25, 2024 – Mar 29, 2024	4
Apr 01, 2024 – Apr 05, 2024	1
Apr 08, 2024 – Apr 12, 2024	2
Apr 15, 2024 – Apr 19, 2024	3
Apr 22, 2024 – Apr 26, 2024	4
Apr 29, 2024 – May 03, 2024	1
May 06, 2024 – May 10, 2024	2
May 13, 2024 – May 17, 2024	3
May 20, 2024 – May 24, 2024	4
May 27, 2024 – May 31, 2024	5
June 03, 2024 – June 07, 2024	1
June 10, 2024 – June 14, 2024	2
June 17, 2024 – June 21, 2024	3
June 24, 2024 – June 28, 2024	4

Examples of Seasonal Fruits:
apples, bananas, blueberries,
tangerines, strawberries,
melons, peaches, pineapple,
and raspberries.

Vegetables: Broccoli,
carrots, cauliflower, celery
sticks, corn, cucumbers,
garden salad, green beans,
peas, potatoes & tomatoes.

Breakfast is served daily from
7:00 to 7:30 am.

Water is served with lunch &
both snacks.

Whole milk is provided for
children younger than 24
months old, and 1% milk for
all children 2 years and
older.

