

Woodinville Montessori School

a nonprofit organization

January 2023

Snack Menu for Toddler, Early Childhood & Elementary

(AM, PM & Club House)

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School-No Camp- End of Winter Break	3 AM – Aussie Bites, Golden Raisins PM – Cornbread Muffin, Peaches CH –Crunchmaster Crackers, Snap Peas	AM – Fig Bars, Applesauce PM – Steamed Fresh Green Beans, Cheese Sticks, Popcorn CH –Nilla Wafers, Banana	5 AM – Waffles, Sliced Apples PM – Veggie Burgers, Cucumber, Ranch CH – Fig Newtons, Mandarin Oranges	AM – Cottage Cheese, Dried Pears PM – Bean, Cheese Quesadilla, Salsa CH – Cucumber, Ranch, Kiwi
9 AM – Vanilla Yogurt, Dried Blueberries, Granola PM – Banana Bread, Apples CH – Veggie Straws, Melon Sliced	AM – Cheerios, Milk, Whole Strawberries PM – Turkey/Cheese Roll up, Edamame CH – Saltines, Avocado Slices	AM – WW Toast, Butter, HB eggs PM – Grilled Chicken, Roasted Sweet Potato Cubes, Ranch CH – Turkey Slices, Fresh Blanched Green Beans, Baby Bell Cheese	AM – Chex Mix, Honeydew Melon PM – Egg Salad, Veggie Chips, Grapes CH – Pretzels, Banana	No School – Inservice: Camp in session AM – Nutrigrain Bars, Oranges PM – English Muffin Pizza, Dried Mango CH – Animal Crackers, Orange Slices
16 No School-No Camp- MLK Jr. Day	17 AM – Cinnamon Belvita Bars, Kiwi PM – 7-Layer Dip, Jicama, Tortilla Chips CH – Celery Sticks, Mozzarella Slices	18 AM – Oatmeal, Dried Cranberries PM – Pesto Cheese Tortellini, Steamed Broccoli CH – Crunchmaster Crackers, Baby Bell Cheese, Dried Mango	19 AM – Raisin Bread, Cream Cheese, Green Apples PM – Grilled Chicken, Lettuce, Croutons, Ranch CH – Broccoli Steamed, Cheese Slices, Ranch	AM – Pancake, Sliced Apples PM – Turkey/Shredded Carrot tortilla roll up, Snack Mix CH – Root Chips, Oranges
23 AM – Vanilla Yogurt, Dried Mango, Granola PM – Celery w/ Soy Nut butter, Dried Apples CH – Nutrigrain Bar, Dried Apricot	24 AM – WW Bread, Egg Slices, Pineapple PM – Chicken Sandwiches on WG Bread, Orange Slices CH – Yogurt, Granola, Dried Blueberries	25 AM – Pumpkin Muffins, Milk PM – Nachos w/ Shredded Cheese, Black Beans and Salsa CH – Celery, Carrots, Cucumber, Ranch	26 AM – Sunbutter Rollups, Sliced Bananas PM – Tuna Salad, Wheat Thins, Carrots CH – Cinnamon Apple Chips, Banana	AM – Oatmeal, Canned Peaches, Milk PM – Grilled Cheese on WG Bread, Pickles, Cucumber Sticks CH – Pretzel/Goldfish/Chex Mix Cereal Mix, Grapes
30 AM – Bagels, Cream Cheese, Sliced Apples PM – Hummus, Bell Peers, Pita Bread CH – String Cheese, Green Apple Slices	31 AM – Cottage Cheese, Pineapple PM – Cucumber Sandwiches on WG Bread w/Cream Cheese, Apple Slices CH – Veg tzatziki, Pita Bread			

Note: The beverage is water unless otherwise noted. PM Snack is served in Toddler/Early Childhood Classrooms only. Snack Mix is Goldfish, Pretzels, Cheerios, Golden Raisins. Menus are subject to change without notice.