




# Livingston Montessori School

## October 2020

Mon	Tue	Wed	Thu	Fri
<b>Breakfast:</b> Cereal or Breakfast Bar Fruit Milk	*Whole Wheat Product		<b>1</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- *Multigrain crackers, Sun butter	<b>2</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Pretzels, Orange juice
<b>5</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Cheese crackers, Apple juice	<b>6</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Graham crackers, Orange juice	<b>7</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Nacho chips, cheese	<b>8</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- *Multi-grain crackers, Cheese slices	<b>9</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Trail mix, Apple juice
<b>12</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Oatmeal cookies, Milk	<b>13</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Cheese nips, Orange juice	<b>14</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Pretzels, Apple juice	<b>15</b> Choice Fruit, Milk, ----- Please bring nutritious lunch. ----- Apples, Cheese slices	<b>16</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- *Wheat thins, Grape juice
<b>19</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Nacho chips & Cheese	<b>20</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- *Wheat crackers, Apple juice	<b>21</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Animal crackers, orange juice	<b>22</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Graham crackers, Milk	<b>23</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Cheese nips, Apple juice
<b>26</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Orange juice, *Wheat crackers	<b>27</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Pretzels, Apple juice	<b>28</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Apple slices, cheese	<b>29</b> Choice Fruit, Milk ----- Please bring nutritious lunch. ----- Fruit cocktail, Graham crackers	<b>30</b> Choice Fruit, Milk ----- Please bring nutritious Lunch ----- Ritz Crackers, Apple Juice