



JANUARY

2025 THE MONTESSORI SCHOOLS VEGETARIAN MENU



ALL MEALS ARE SERVED WITH 1% HUDSON VALLEY FRESH MILK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our menu incorporates organic and local ingredients. Our farm partners include Veritas Farms, Cabot Creamery Cooperative, Ronnybrook Farms, Iliamna Salmon as well as other local producers.

Menu Items are subject to change based on availability

1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL

6
NO SCHOOL

7 Watermelon & Bell Peppers
Mushroom 'Meat'balls
Creamy Smashed Potatoes, Broccoli
Homemade Caramelized Onion BBQ Sauce

8 Berries & Haricot Verts
Indian Butter Paneer & Chickpeas
Steamed Rice
Turmeric Cauliflower

9 Honeydew & Carrots
Glazed Mushroom 'Meat'loaf Patties
Brioche Roll
Peas

10 Bananas & Snow Peas
Oven Baked Corn Fritters
Couscous Quinoa Pilaf
Ratatouille

13 Oranges & Cucumbers
Kale Basil Pesto with Gemelli
Carrot Disks
Tomato Cumin
Chickpeas

14 Watermelon & Bell Peppers
Quinoa Fritters
Orzo with Broccoli & Garlic
Buttered Corn

15 Berries & Haricot Verts
Yellow Rice
BlackBean Tacos
Cauliflower

16 Honeydew & Carrots
Buttered Egg Noodles
Swedish Mushroom 'Meat'balls
Peas

17 Bananas & Snow Peas
Cheesy Pizza Bites
Kale Pesto White Beans
Broccoli

20
NO SCHOOL

21 Watermelon & Bell Peppers
BlackBean Sliders with Tomato Glaze
Brioche Roll
Carrot Disks

22 Berries & Haricot Verts
Quinoa Fritters
Roasted Whipped Sweet Potatoes
Peas

23 Honeydew & Carrots
Toasted Cheddar Sandwiches
Creamy Tomato Soup
Broccoli

24 Bananas & Snow Peas
Gemelli
Tomato Basil Braised Whitbeans
Cheesy Cauliflower

27 Oranges & Cucumbers
Penne
Chickpea Bolognese
Carrots

28 Watermelon & Bell Peppers
Arroz Con Vegetales
Seasoned Blackbeans
Green Beans with Mild Scallion

29
NO SCHOOL

30 Honeydew & Carrots
Baked Corn Fritter
Creamy Smashed Potatoes
Ratatoiuille

31 Bananas & Snow Peas
Egg Noodles
Mushroom White Bean Stew
Peas