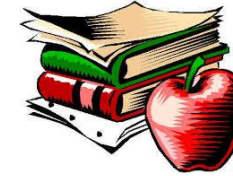


# Mission Montessori

## August Lunch Menu 2022



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fruits:</b> <b>Vegetables:</b>	1 School Closed for Staff Development & Prep	2 School Closed for Staff Development & Prep	3 School Closed for Staff Development & Prep	4 School Closed for Staff Development & Prep	5 School Closed for Staff Development & Prep
<b>Fruits:</b> Nectarines, Seedless Grapes, Pear, Watermelon <b>Vegetables:</b> Golden Corn, Sweet Potato Fries, Broccoli, Salad	8 Baked Tilapia with Jasmine Rice *Wheat Thins & Fruit	9 Grilled Cheese Triangles *Graham Cracker & Sunbutter	10 Meatballs with Marinara *String Cheese & Fruit	11 Rotini Pasta with Butter & Parmesean *Cheese Cubes & Chex Mix	12 Cheese Pizza Friday w/ Garden Salad & Ranch Dressing *Dried Craisins & Fruit
<b>Fruits:</b> Nectarines, Apples, Blueberries, Bananas <b>Vegetables:</b> Carrots, Veggie Straws, Green Beans, Peas	15 Baked Chicken Nuggets with Ketchup *Crackers & Dried Craisins	16 Oven Baked Chicken Drumsticks *Chex Mix & String Cheese	17 Meat & Cheese Lasagna with Dinner Roll *Carrots & Ranch w/ Cracker	18 Teriyaki Tofu with Jasmine Rice *Fig Bars	19 Breakfast for Lunch! Oatmeal with Brown Sugar *1/2 Rice Cake & Sunbutter
<b>Fruits:</b> Watermelon, Peaches, Cantaloupe, Berries <b>Vegetables:</b> Cauliflower, Cucumbers, Pickles, Corn	22 Pasta with Alfredo Sauce *Cheerios & Fruit	23 Chicken Apple Sausage with Jasmine Rice *Veggie Straws & Fruit	24 Bean and Cheese Burritos *Goldfish & Applesauce	25 Healthy Baked Fish Sticks * Graham Cracker &	26 Ham & Cheddar Cheese Croissants *Pretzel Thins & Fruit
<b>Fruits:</b> Seedless Grapes, Apples, Pear, Nectarines, Bananas <b>Vegetables:</b> Cucumbers, Green Beans, Mixed Veggies, Red Peppers,	29 Orange Chicken with Jasmine Rice *Fig Bars	30 Beef & Cheese Taquitos with Guacamole *1/2 Banana & Graham Cracker	31 Penne Buttered Pasta With Parmesan Cheese *Dried Craisins & Applesauce	1 Turkey & Provolone Cheese Wraps *Goldfish & String Cheese	2 Bento Box Deli Ham, Cheddar Cheese, & Baked Cracker *Cheerios & Fruit

We always use 100% organic ingredients unless they are unavailable. Lunch is served w/ Organic Whole Milk.  
 \*Menu item is the afternoon snack for the day. Afternoon snack is served at 3:30pm and is served with filtered water.