




# Mission Montessori

## Febuary Lunch Menu 2023



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fruits:</b> Oranges, Apples, Pear, Mandarins, Raspberries <b>Vegetables:</b> Cucumber & Hummus, Broccoli, Squash	30 <b>Buttered Penne Noddle's w/ Parmesan Cheese</b>  *Baked Crackers & Fruit	31 <b>Turkey &amp; Cheese Croissant</b>  *Veggie Straws & Raisins	1 <b>Bean &amp; Rice Wrap (Black bean, rice, cheese)</b>  *Goldfish & String Cheese	2 <b>Orange Chicken w/ Stir Fried Noodles</b>  *Pirate Booty & Fruit	3 <b>Breakfast for Lunch Mini Quiche w/ Vanilla Yogurt</b>  *Graham Cracker & Sunbutter
<b>Fruits:</b> Banana, Applesauce, Blood Oranges, Kiwi <b>Vegetables:</b> Sweet Bell Pepper, Sweet corn, Carrots, Mixed Veggies	6 <b>Baked Chicken Nuggets w/ Ketchup</b>  * Cheerios & String Cheese	7 <b>Teriyaki Tofu w/ Rice</b>  *Veggie Sticks & Fruit	8 <b>Annie's Mac n Cheese</b>  *Chex Mix & Craisins	9 <b>Sunbutter &amp; Jelly Sandwich</b>  *Goldfish & Fruit	10 <b>Bento Box</b> Deli Turkey, Cheddar cheese, Pretzel Thins  * Applesauce & Crackers
<b>Fruits:</b> Apples, Pear, Oranges, Pomegranate Arils <b>Vegetables:</b> Carrots & Hummus, Celery, Peas, Veggie Sticks	13 <b>Baked Fish Sticks w/ Ketchup</b>  *Graham Cracker & ½ Banana	14 <b>Valentine's Day Pasta! (Italian four cheese Ravioli)</b>  *Pirate Booty & Fruit	15 <b>Chicken Noddle Soup w/ Roll</b>  *Baked Cracker & Cheese	16 <b>Baked Tilapia w/ Rice</b>  *Wheat Thins & Fruit	17 <b>Ham &amp; Cheese Quesadilla</b>  *Fig Bars
<b>Fruits:</b> Oranges, Banana, Kiwi, Apples, Berries <b>Vegetables:</b> Snap Peas, Green Beans, Sweet potato Fries, Corn	20  <b>* NO SCHOOL</b>	21 <b>Cheese Pizza</b>  *Cheerios & Fruit	22 <b>Chicken Pot Stickers w/ Friend Rice</b>  * Snap Peas & Fruit	23 <b>Italian Meatballs w/ Marinara Sauce</b>  *Goldfish & String Cheese	24 <b>Mediterranean Box</b> Deli Turkey, Olives, Cucumber & Hummus, Pita Bread  *Vanilla Yogurt w/ Berries
<b>Fruits:</b> Mandarins, Apples, Blood Oranges, Banana <b>Vegetables:</b> Bell Peppers, Cucumber, Carrots, Sweet Corn	27 <b>Annie's Mac N Cheese</b>  *Applesauce & Crackers	28 <b>Taco Tuesday!</b> (Flower tortilla, Ground Turkey, Cheese)  *Pretzel Thins & String Cheese	1 <b>Teriyaki Chicken Bowl</b>  *Fig Bars	2 <b>Cheesy Spinach Pasta</b>  *Snap Peas & Fruit	3 <b>Breakfast for Lunch</b> Pancakes w/ Vanilla Yogurt and Sprinkles  *Wheat Thins & Fruit

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