



Mission Montessori

January Lunch Menu 2023



| Fruits & Vegetables | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|--|
| Fruits: Vegetables: | 2 | 3 | 4 | 5 | 6 |
| | SCHOOL CLOSED | SCHOOL CLOSED | SCHOOL CLOSED | SCHOOL CLOSED | SCHOOL CLOSED |
| Fruits: Oranges, Pears, Applesauce, Apples, Banana Vegetables: Sliced Olives, Golden Corn, Broccoli, Mixed Veggies | 9 Italian Meatballs w/ Marinara Sauce *Pretzel Thins & Cranberries | 10 Bean & Cheese Burritos with Vanilla Yogurt & Sprinkles *Graham Cracker & Banana | 11 Kid Friendly Beef Chili w/ Corn Bread *Goldfish & Fruit | 12 Creamy Alfredo Bowtie Pasta *Wheat Thins & Cheese Cubes | 13 Bento Box Deli Ham, Cheddar Slices, & Baked Crackers *Veggie Straws & Fruit |
| Fruits: Clementines, Raspberries, Kiwi Vegetables: Carrots, Cauliflower, Green Peas | 16  * SCHOOL CLOSED | 17 Baked Fish Sticks w/Ketchup *Applesauce & Berries | 18 Chicken Apple Sausage w/ Jasmine Rice *Cheerios & String Cheese | 19 Grilled Ham & Cheese Triangles *Fig Bars | 20 Annie's Mac & Cheese *Baked Crackers & Fruit |
| Fruits: Apples, Banana, Oranges, Craisins Vegetables: Roasted Baby Potatoes, Veggie Straws, Green Beans, Sliced Olives | 23 Cheese Pizza w/ Vanilla Yogurt & Sprinkles *Graham Cracker & Fruit | 24 Baked Tilapia w/ Rice *Crackers, Cucumbers & Hummus | 25 Sunbutter & Jelly Sandwiches *Chex Mix & Applesauce | 26 Spaghetti w/ Meatballs *Animal Crackers & Fruit | 27 Baked Chicken Nuggets w/ BBQ sauce *1/2 Wheat Bread & Jam |
| Fruits: Clementines, Red Grapes, Kiwi, Apples Vegetables: Broccoli, Mixed Veggies, Snap Peas | 30 Buttered Penne Noodles w/ Parmesan Cheese *Baked Crackers & Fruit | 31 Turkey & Cheese Croissant *Veggie Straws & Raisins | 1 Black Bean & Cheese Quesadillas w/ Rice *Goldfish & String Cheese | 2 Orange Chicken w/ Stir Fried Noodles *Pirate Booty & Fruit | 3 Breakfast for Lunch Scrambled eggs w/ Whole Wheat Toast *Graham Crackers & Sunbutter |

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.