




Mission Montessori



July Lunch Menu 2022

Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits: Berries, Watermelon, Sliced Peaches Vegetables: Summer Squash, Sauteed' Green Beans, Golden Corn	4  NO SCHOOL	5 Pasta w/ Marinara Sauce & Garlic Bread (V) *Fig Bars	6 Teriyaki Tofu over Jasmine Rice (V) *Wheat Thins & Fruit	7 Pollo Bowl Chicken, Rice & Refried Beans *Carrots & Ranch w/ Cracker	8 Finger Food Friday! Healthy Baked Fish Sticks *Cheerios & Raisins
Fruits: Mango, Cantaloupe, Berries, Apples Vegetables: Zucchini, Steamed Broccoli, Cucumber, Veggie Sticks	11 Baked Chicken Nuggets w/ Ketchup dipping sauce *Animal Crackers & Fruit	12 Pasta w/ Butter & Parmesan (V) *Graham Crackers & Sunbutter	13 BBQ Chicken Sandwich w/ Side Pickle *String Cheese & Fruit	14 Tortoise Shaped Cheese Quesadilla w/ Rice (V) *Cheese Cubes & Crackers	15 Bento Box Friday! Deli Ham, Cheddar Cheese, & Baked Crackers *Goldfish & Applesauce
Fruits: Watermelon, Apples, Bananas Vegetables: Mixed Vegetables, Cauliflower, Squash, Salad	18 Baked Vegetable Spring Rolls w/ Sweet and Sour Sauce (V) *Pretzel Thins & Dried Craisins	19 Sunbutter & Jelly Sandwich (V) *Chex Mix & String Cheese	20 Meat & Cheese Lasagna w/ Dinner Roll *Raisins & Vanilla Yogurt	21 Chicken Apple Sausage w/ Jasmine Rice *Fig Bars	22 Cheese Pizza Friday! w/ Ranch Dipping Sauce (V) *1/2 Rice Cake & Sunbutter
Fruits: Berries, Cantaloupe, Peaches, Mango Vegetables: Golden Corn, Cucumber, Broccoli, Veggie Sticks	20 Orange Chicken Over White Rice *Cheerios & Fruit	21 Funny Frog Sammies (Ham, Cheese, Grapes, & Olives) *Veggie Straws & Fruit	22 Penny Pasta w/ Pesto Drizzle (V) *Goldfish & Applesauce	23 Mini Chicken Pot Pie w/ Garlic Bread *Graham Cracker & Sunbutter	24 Breakfast for Lunch! Mini Quiche w/ Vanilla Yogurt *Pretzel Thins & Fruit
Fruits: Plums, Watermelon, Raspberries Vegetables: Peas, Mixed Vegetables, Crinkle Cut Carrots	25 Meatballs w/ Marinara Sauce *Fig Bars	26 Beef & Cheese Taquitos w/ Guacamole *Chex Mix & Fruit	27 Baked Tilapia w/ Rice *Animal Crackers & Raisins	28 Annie's Mac & Cheese (V) *Wheat Thins & String Cheese	29 Wrap It Up Friday! Turkey and Cheese Pinwheels *Applesauce & Craisins

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.
 (V) = Vegetarian