




Mission Montessori

June Lunch Menu 2022



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits: Seedless Grapes, Blueberries, Cantaloupe, Vegetables: Sweet Potato Fries, Bell Peppers, Corn,	30  NO SCHOOL	31 Baked Fish Sticks w/ Ketchup * Rice Cake & Sunbutter	1 Cheese Pizza w/ Mixed Green Salad & Ranch Dressing (V) * Wheat Bread & 1/2 Banana	2 Baked Tilapia w/ Jasmine Rice * Goldfish & Fruit	3 SCHOOL CLOSED STAFF DEVELOPMENT
Fruits: Oranges, Blueberries, Honeydew, Clementine, Strawberries Vegetables: Peas, Golden Corn, Cauliflower, Broccoli	6 Spinach & Cheese Ravioli w/ Marinara Sauce (V) *Baked Crackers & Hummus	7 Baked Chicken Drumsticks w/ Rice *Cheerios & Banana	8 Tuna Wraps w/ Hummus * Fig Bars	9 Rotini Pasta w/ Ground Turkey and Marinara *Chex Mix & Fruit	10 Woodland Hedgehog Sunbutter & Jelly Sandwich (V) *Goldfish & Fruit
Fruits: Watermelon, Kiwi, Nectarine, Blueberries Vegetables: Mixed Veggies, Cucumbers, Green Beans	13 Teriyaki Meatballs w/ Rice *Wheat Thins & Fruit	14 Grilled Cheese Triangles (V) *Cucumber & Hummus	15 Beef Taquitos w/ Guacamole *Veggie Straws & Fruit	16 Penne Pasta w/ Pesto Bread Roll *Graham Cracker & Fruit	17 Black Bean and Cheese Burritos (V) *Dried Cranberries & Cheerios
Fruits: Strawberries, Oranges, Honeydew, Watermelon Vegetables: Salad, Carrots, Multi colored peppers, Corn	20 Buttered Bow Tie Pasta w/ Parmesan Cheese (V) *Baked Crackers & Fruit	21 Woodland Rabbit Ham & Cheese Quesadillas (V) *Fig Bars	22 Slow Cooker Pot Roast w/ Mashed Potatoes * Raisins & Fruit	23 Baked Chicken Nuggets w/ BBQ Dipping Sauce *Goldfish & String Cheese	24 Turkey, Spinach & Cheese Pinwheels *Chex Mix & Raisins
Fruits: Cantaloupe, Seedless grapes, Blueberries, Strawberries, Craisins Vegetables: Mixed Veggies, Broccoli, Edamame, Peas	27 Chicken Apple Sausage w/ Rice *Cheerios & Fruit	28 Taco Tuesday (Corn tortilla, ground turkey, pinto beans) *Wheat Thins & String Cheese	29 Orange Chicken w/ Rice & Stir Fry Veggies *Veggie Straws & Fruit	30 Annie's White Cheddar Mac N Cheese (V) *Graham Cracker & Fruit	1 Breakfast for Lunch! Mini Quiche w/ Vanilla Yogurt *Fig Bars

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