




Mission Montessori

May Lunch Menu 2022



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits: Seedless Grapes, Blueberries, Cantaloupe, Raisins Vegetables: Sweet Potato Fries, Bell Peppers, Corn, Crinkle Cut Carrots	2 Orange Chicken w/ White Rice *Goldfish & Fruit	3 Cucumber & Cream Cheese Sandwich (V) *Dried Raisins & Fruit	4 Rotini Pasta w/ Marinara Sauce (V) *Baked Crackers & Hummus	5 Baked Chicken Nuggets w/ Ketchup *String Cheese & Wheat Thins	6 Bento Box Friday! Deli Turkey, Cheddar Cheese, & Baked Crackers *Pretzel Thins & Fruit
Fruits: Oranges, Apricot, Honeydew, Clementine, Strawberries Vegetables: Peas, Veggie Straws, Cauliflower, Broccoli	9 Buttered Pasta w/ Parmesan Cheese *Animal Crackers & Fruit	10 Chicken Apple Sausage w/ Jasmine Rice *Cheerios & Banana	11 English Muffin Pepperoni Pizza * Fig Bars	12 Turkey & Gravy w/ Dinner Roll *Chex Mix & Fruit	13 Chicken, Cheese, & Avocado Wrap *Pirate Booty & Fruit
Fruits: Raspberries, Kiwi, Nectarine, Blueberries, Craisins Vegetables: Green Beans, Crinkle Cut Carrots, Cucumbers, Mixed Veggies	16 Baked Mozzarella Sticks w/ Marinara (V) *Wheat Thins & Fruit	17 Tofu & Green Bean Stir Fry w/ Rice (V) *Cucumber & Hummus	18 Bean, and Cheese Burrito (V) *Veggie Straws & Fruit	19 Zucchini Zoodles w/ Alfredo Sauce & Garlic Bread (V) *Graham Cracker & Fruit	20 Ham & Cheese Croissant Sandwich *Dried Cranberries & Cheerios
Fruits: Blueberries, Apricots, Honeydew, Apples, Avocado Vegetables: Green Beans, Carrots, Corn, Peas	23 Teriyaki Meatballs w/ White Rice *Baked Crackers & Fruit	24 Grilled Cheese Triangles (V) *Fig Bars	25 Baked Chicken Drumsticks w/ Cauliflower Rice * Raisins & Fruit	26 Baked Taquitos w/ Guacamole *Goldfish & String Cheese	27 Turkey & Provolone Sliders *Chex Mix & Raisins
Fruits: Cantaloupe, Seedless Grapes, Blueberries, Strawberries Vegetables: Mixed Veggies, Olives, Salad, Broccoli	30  MEMORIAL DAY NO SCHOOL	31 Baked Fish Sticks w/ Ketchup *Rice Cake & Sunbutter	1 Cheese Pizza w/ Mixed Green Salad w/ Ranch Dressing (V) *Wheat Bread & 1/2 Banana	2 Baked Tilapia w/ Jasmine Rice *Goldfish & Fruit	3 Breakfast for Lunch! Oatmeal w/ Brown Sugar *Pretzel 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.
 (V) = Vegetarian