



# Mission Montessori

## September Lunch Menu 2022



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fruits:</b> Nectarines, Raspberries, Seedless Grapes, Apples, Oranges <b>Vegetables:</b> Carrots, Sweet Corn, Mixed Veggies, Peas	29 Orange Chicken with Jasmine Rice  *Fig Bars	30 Beef & Cheese Taquitos with Guacamole  *Graham Cracker & Fruit	31 Penne Buttered Pasta with Parmesan Cheese  *Dried Raisins & Applesauce	1 Turkey & Provolone Cheese Wraps  *Goldfish & String Cheese	2 Bento Box Deli Ham, Cheddar Cheese, & Baked Cracker  *Cheerios & Fruit
<b>Fruits:</b> Nectarines, Seedless Grapes, Pear, Oranges <b>Vegetables:</b> Golden Corn, Broccoli, Stir Fry Vegetables	5  <b>SCHOOL CLOSED</b>	6 Baked Fish Sticks with Ketchup  *Crackers & Fruit	7 Chicken Apple Sausage with Rice  *Cheerios & Dried Craisins	8 Ham & Cheddar Cheese Sandwiches  *Pretzel Thins & Fruit	9 Pasta with "Pink" Sauce (alfredo/marinara)  *Goldfish & String Cheese
<b>Fruits:</b> Raspberries, Nectarines, Apples, Seedless Grapes, Bananas <b>Vegetables:</b> Pickles, Golden Corn, Peas	12 Chicken Breast Nuggets w/ BBQ sauce  *Raisins & Applesauce	13 Taco Tuesday Ground Turkey with Cheese & Flour Tortilla  *Graham Cracker & Fruit	14 Buttered Pasta w/ Peas  *Wheat Thins & Fruit	15 Black Bean & Cheese Quesadillas with Spanish Rice  *Animal Crackers & Fruit	16 Hot Turkey & Provolone Cheese Croissant Sandwich  *Veggie Sticks & Raisins
<b>Fruits:</b> Oranges, Apples, Applesauce, Plums <b>Vegetables:</b> Cauliflower, Cucumbers, Sweet Potato Fries, Mixed Veggies, Carrots	19 Bento Box Deli Ham, Cheddar Cheese Cubes & Baked Crackers  *Animal Crackers & Fruit	20 Italian Meatballs w/ Marinara  *Cheerios & String Cheese	21 Shredded Chicken Nachos Topped with Cheese and Olives  *Fig Bars	22 Teriyaki Tofu with Jasmine Rice  *Carrots & Ranch w/ Crackers	23 Annie's Mac and Cheese  *Chex Mix & Fruit
<b>Fruits:</b> Seedless Grapes, Apples, Pear, Nectarines, Oranges <b>Vegetables:</b> Green Beans, Mixed Veggies, Bell Peppers, Cucumbers, Broccoli	26 Cheese Pizza  *Veggie Sticks & Fruit	27 Deli Ham & Provolone Cheese Sliders  *Animal Crackers & Fruit	28 Oven Baked Tilapia with Jasmine Rice  *Baked Crackers & Fruit	29 Wagon Wheel Pasta Casserole  *Cukes, Crackers w/ Hummus	30 Baked Chicken Nuggets with BBQ Dipping Sauce  *Pretzel Thins & Dried 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.**