




MISSION MONTESSORI

Lunch MENU September 2021



30 Monday Cheese Pizza Cucumber's w/ Ranch Applesauce Ⓟ *Baked Crackers & Cheese Cubes	31 Tuesday Orange Chicken on Basmati Rice Stir Fry Vegetables Nectarine *Veggie Straws & Sliced Apples	1 Wednesday Meat & Cheese Lasagna Dinner Roll Fresh Berries *Cheerios & Craisins	2 Thursday Black Bean Quesadilla Steamed Broccoli Sliced Peaches Ⓟ *Chex Mix & Mixed Berries	3 Friday Breakfast for Lunch! Mini Egg Quiche Mixed Veggies Fresh Fruit *Animal Crackers & Vanilla Yogurt
6 Monday 	7 Tuesday Tuna Melt Cucumber & Ranch Watermelon *Fig Bars	8 Wednesday Baked Teriyaki Salmon on Rice Steamed Broccoli Kiwi & Blueberries *Fresh Fruit & Animal Crackers	9 Thursday Meatballs w/ Marinara Golden Corn Cantaloupe *Nectarine & Pirate Booty	10 Friday Finger Food Friday Bean & Rice Wrap Veggie Straws Fresh Berries Ⓟ *Watermelon & Wheat Thins
13 Monday Chicken Sausage w/ Rice Green Beans Sliced Seedless Grapes *Sliced Oranges & Cheerios	14 Tuesday Baked Fish Sticks w/ Ketchup Sugar Snap Peas + Ranch Watermelon *Sliced Apples & Chex Mix	15 Wednesday Spinach Ravioli w/ Marinara Multicolored peppers w/ Ranch Nectarine Ⓟ *1/2 Rice Cake w/ Sunbutter	16 Thursday Turkey Cheeseburgers Roasted Carrots Watermelon *Fresh Berries & String Cheese	17 Friday Bento Box Friday Ham, Cheese, & Crackers Cucumbers w/ Ranch Sliced Oranges *Blueberries & Vanilla Yogurt
20 Monday Baked Chicken Nuggets w/ BBQ sauce Mixed Veggies Watermelon *Pineapple & Graham Crackers	21 Tuesday Rotini Pasta w/ Ground Turkey and Marinara Steamed Broccoli Cantaloupe *Sliced Apples & String Cheese	22 Wednesday Sunbutter & Jelly Triangles Multicolored Peppers w/ Ranch Fresh seasonal fruit Ⓟ *Cheerios & Craisins	23 Thursday Baked Season Tilapia over Steamed Rice Golden Corn Sliced Apples *Fruit Salad & Pirate Booty	24 Friday Wrap It Up Friday Turkey & Provolone Wrap Veggie Straws Sliced Asian Pear *Fresh Fruit & Pretzel Thins
27 Monday Grilled Cheese Mixed Veggies Sliced Oranges Ⓟ *Nectarine & Craisins	28 Tuesday Pollo Bowl- Chicken Rice and Beans Roasted Corn Fresh berries *Seedless Grapes & Wheat Thins	29 Wednesday White Cheddar Mac N Cheese Steamed Broccoli Cantaloupe Ⓟ *Melon & Animal Crackers	30 Thursday Beef Taquitos w/ Guacamole Sugar Snap Peas Seedless Grapes *Fig Bars	1 Friday Breakfast for Lunch! Oatmeal w/ Brown Sugar Apple Chicken Sausage Banana (1/2) *1/2 Rice Cake & Sunbutter

We use all-natural products and organic ingredients unless unavailable!

*Menu item is afternoon snack for the day. Afternoon snack is served at 3:30pm and is served with filtered water. Ⓟ = Vegetarian