



Mission Montessori

August Lunch Menu 2023



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits: Vegetables:	31 SCHOOL CLOSED STAFF DEVELOPMENT & PREP	1 SCHOOL CLOSED STAFF DEVELOPMENT & PREP	2 SCHOOL CLOSED STAFF DEVELOPMENT & PREP	3 SCHOOL CLOSED STAFF DEVELOPMENT & PREP	4 SCHOOL CLOSED STAFF DEVELOPMENT & PREP
Fruits: Apples, Asian Pear, Clementines, Watermelon Vegetables: Roasted Potatoes, Zucchini, Snap Peas, Broccoli	7 Orange Chicken w/ Jasmine Rice Fresh Fruit Vegetables *Fig Bars	8 Baked Tilapia w/ Roasted Potatoes Fresh Fruit Vegetables *Goldfish & String Cheese	9 Creamy Bow Tie Pasta Fresh Fruit Vegetables *Graham Cracker & Fruit	10 Zucchini Pizza Bites Fresh Fruit Vegetables *Cheerios & Raisins	11 Breakfast for Lunch Mini Bagels w/ Cream Cheese and Chicken Apple Sausage *Fruit Smoothie & Cracker
Fruits: Strawberries, Cantaloupe, Peaches, Banana Vegetables: Olives and Tomato, Broccoli, Sweet Corn, Mixed Veggies	14 Annie's Cheddar Mac n Cheese Fresh Fruit Vegetables *Berries & Animal Crackers	15 Teriyaki Tofu w/ Rice Fresh Fruit Vegetables *Applesauce & Craisins	16 Black Bean Quesadilla Fresh Fruit Vegetables *Baked Cracker & Hummus	17 Baked Chicken Nuggets w/ Ketchup Dipping Sauce Fresh Fruit Vegetables *Pretzels & Fruit	18 Sunbutter and Jelly Sandwich Fresh Fruit Vegetables *Sun Chips & Fruit
Fruits: Apples, Nectarines, Watermelon, Pears, Blueberries Vegetables: Pickle, Sweet Potato Fries, Cucumber & Ranch, Green Beans	21 Cheese Pizza Fresh Fruit Vegetables *Apple Slices & Sunbutter	22 Pollo Bowl (Chicken, Rice, and Beans) Fresh Fruit Vegetables *Veggie Straws & Fruit	23 Sloppy Joes Fresh Fruit Vegetables *Fig Bars	24 Penne Pasta w/ Tomato Sauce Fresh Fruit Vegetables *Vanilla Yogurt & Blueberries	25 Bento Box Turkey, Cheese, & Crackers Fresh Fruit Vegetables *Goldfish & Fruit
Fruits: Raspberries, Banana, Oranges, Pears, Strawberries Vegetables: Mixed Veggies, Green Peas, Roasted Carrots, Veggies Straws	28 Spinach Ravioli w/ Marinara Drizzle Fresh Fruit Vegetables *Organic Popsicles & Cracker	29 Ham and Swiss Sliders Fresh Fruit Vegetables *Baked Cracker & Cheddar	30 Spring Rolls w/ Sweet and Sour Dipping Sauce Fresh Fruit Vegetables *Applesauce & Berries	31 Meatballs w/ Rice Fresh Fruit Vegetables *Baked Crackers & String Cheese	1 Baked Fish Sticks Fresh Fruit Vegetables *Fruit Smoothie & Cracker

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.