




# Mission Montessori July Lunch Menu 2024



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fruits:</b> Kiwi, Sliced Plums, Blueberries <b>Vegetables:</b> Sweet Corn, Broccoli, Mixed Veggies	1 Annies Mac n Cheese Fresh Fruit Vegetables * Fig Bars	2 TACO TUESDAY! (Soft Tortilla, Shredded Chicken & Cheese) Fresh Fruit Vegetables * Rice Cake & Sunbutter	3 Teriyaki Tofu w/ Rice Fresh Fruit Vegetables * Wheat Bread & 1/2 Banana	4 <div style="text-align: center;">  </div>	5
<b>Fruits:</b> Watermelon, Blueberries, Applesauce, Strawberries <b>Vegetables:</b> Jicama Sticks, Cucumber w/ Hummus, Broccoli, Veggie Sticks	8 Cheese Pizza Fresh Fruit Vegetables *Applesauce & Raisins	9 Chicken Apple Sausage w/ Roasted Potatoes Fresh Fruit Vegetables *Goldfish & String Cheese	10 Egg Roll in a Bowl Fresh Fruit Vanilla Yogurt *Date Dip & Apples	11 Baked Tilapia w/ Jasmine Rice Fresh Fruit Vegetables *Snap Peas & Fruit	12 Turkey & Provolone Sandwich Fresh Fruit Vegetables *Organic Popsicle & Cracker
<b>Fruits:</b> Blackberries, Sliced Peaches, Blueberries, Kiwi, Banana <b>Vegetables:</b> Sweet Corn, Green Beans, Snap Peas, Carrots w/ Hummus	15 Pasta w/ Butter & Parmesan Fresh Fruit Vegetables *Graham Cracker & Berries	16 TACO TUESDAY! (Soft Tortilla, Ground Turkey & Cheese) Fresh Fruit Vegetables *Cheerios & ½ Banana	17 Sunbutter & Banana Wraps Fresh Fruit Vegetables *Pretzel Thins & Fruit	18 Lentil Taco Bowls Fresh Fruit Vegetables *Fig Bars	19 Baked Chicken Nuggets w/ Ketchup Fresh Fruit Vegetables *Fruit Smoothie & Cracker
<b>Fruits:</b> Cantaloupe, Strawberries, Seedless Grapes, Sliced Peaches <b>Vegetables:</b> Jicama Sticks, Broccoli, Sweet Bell Peppers, Mixed Veggies	22 Cheese Pizza Fresh Fruit Vegetables *Veggie Sticks & String Cheese	23 Tuna Salad w/ Pita Fresh Fruit Vegetables *1/2 Wheat Bread & Jam	24 Black Bean & Cheese Quesadillas Fresh Fruit Vegetables *Fig Bars	25 Meatballs w/ Rice Fresh Fruit Vanilla Yogurt w/ Sprinkles *Pirate Booty & Fruit	26 Annie's White Cheddar Mac N Cheese Fresh Fruit Vegetables * Organic Popsicle & Cracker
<b>Fruits:</b> <b>Vegetables:</b>	29	30	31	1	2
<div style="border: 1px dashed black; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>SCHOOL CLOSED FOR STAFF DEVELOPMENT &amp; CLASSROOM PREP</b></p> </div>					

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.