



Mission Montessori

July Lunch Menu 2023



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fruits: Banana, Watermelon, Strawberries, Peaches</p> <p>Vegetables: Mini Pickle, Sweet Potato Fries, Green Peas</p>	<p>3</p> <p>Fist Day SSII! Cheese Pizza Fresh Fruit Vegetables</p> <p>*Animal Crackers & Fruit</p>	<p>4</p> <p>★ happy ★ FOURTH of July</p> <p>*SCHOOL CLOSED</p>	<p>5</p> <p>Tuna Melts w/ Side Pickle Fresh Fruit Vegetables</p> <p>* Fruit Smoothies & Crackers</p>	<p>6</p> <p>Baked Chicken Drumsticks w/ Rice Fresh Fruit Vegetables</p> <p>*Goldfish & String Cheese</p>	<p>7</p> <p>Breakfast for Lunch Mini Pancakes Vanilla Yogurt w/ Dye Free Sprinkles Fresh Fruit</p> <p>* Organic Popsicles & Crackers</p>
<p>Fruits: Blueberries, Cantaloupe, Strawberries, Raspberries</p> <p>Vegetables: Cucumbers & Ranch, Veggie Straws, Broccoli, Corn</p>	<p>10</p> <p>Teriyaki Beef Meatballs Fresh Fruit Vegetables</p> <p>*Fig Bars</p>	<p>11</p> <p>Rotini Pasta w/ Ground Turkey and Marinara Fresh Fruit Vegetables</p> <p>*Chex Mix & Fruit</p>	<p>12</p> <p>Cheesy Broccoli Rice Fresh Fruit Vegetables</p> <p>*Fruit Smoothie & Cracker</p>	<p>13</p> <p>Bean and Cheese Burritos Fresh Fruit Vegetables</p> <p>*Snap Peas & Fruit</p>	<p>14</p> <p>Baked Chicken Nuggets w/ Ketchup Fresh Fruit Vegetables</p> <p>*Organic Popsicles & Crackers</p>
<p>Fruits: Watermelon, Nectarines, Blackberries, Bananas</p> <p>Vegetables: Multicolored peppers, Black Olives, Mixed Veggies</p>	<p>17</p> <p>Healthy Baked Fish Sticks Fresh Fruit Vegetables</p> <p>*Applesauce & Raisins</p>	<p>18</p> <p>Tofu Vegetable Stir-Fry Fresh Fruit Vegetables</p> <p>*Cheerios & ½ Banana</p>	<p>19</p> <p>Meat and Cheese Lasagna w/ Dinner Roll Fresh Fruit Vegetables</p> <p>* Fruit Smoothie & Cracker</p>	<p>20</p> <p>Chicken Fried Rice Fresh Fruit Vegetables</p> <p>*Graham Cracker & Fruit</p>	<p>21</p> <p>Turkey Pinwheels Fresh Fruit Vegetables</p> <p>* Organic Popsicles & Crackers</p>
<p>Fruits: Pineapple, Strawberries, Banana, Applesauce</p> <p>Vegetables: Edamame, Shredded Carrots, Zucchini, Squash, Snap Peas</p>	<p>24</p> <p>Penne Pasta w/ Butter Fresh Fruit Vegetables</p> <p>*Veggie Sticks & Fruit</p>	<p>25</p> <p>Sunbutter, Honey, & Banana Roll (cut like Sushi) Fresh Fruit Vegetables</p> <p>*Chex Mix & String Cheese</p>	<p>26</p> <p>Teriyaki Chicken Bowl (Rice, Edamame, Shredded Carrots) Fresh Fruit Vegetables</p> <p>* Fruit Smoothie & Cracker</p>	<p>27</p> <p>Tortellini topped with Parmesan Cheese Roasted Veggies Fresh Fruit</p> <p>*Fig Bars</p>	<p>28</p> <p>Black Bean Quesadilla w/ Guacamole Fresh Fruit Vegetables</p> <p>* Organic Popsicles & Crackers</p>
	<p>31</p> <p>SCHOOL CLOSED STAFF DEVELOPMENT & PREP</p>	<p>1</p> <p>SCHOOL CLOSED STAFF DEVELOPMENT & PREP</p>	<p>2</p> <p>SCHOOL CLOSED STAFF DEVELOPMENT & PREP</p>	<p>3</p> <p>SCHOOL CLOSED STAFF DEVELOPMENT & PREP</p>	<p>4</p> <p>SCHOOL CLOSED STAFF DEVELOPMENT & PREP</p>

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.