



Mission Montessori

September Lunch Menu



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fruits: Raspberries, Banana, Watermelon, Strawberries, Oranges</p> <p>Vegetables: Mixed Veggies, Green Peas, Roasted Carrots, Veggies Straws</p>	<p>28</p> <p>Spinach Ravioli w/ Marinara Drizzle</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>* Organic Popsicles & Cracker</p>	<p>29</p> <p>Ham and Swiss Sliders</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>* Baked Cracker & Cheddar</p>	<p>30</p> <p>Spring Rolls w/ Sweet and Sour Dipping Sauce</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>* Applesauce & Berries</p>	<p>31</p> <p>Meatballs w/ Rice</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>* Baked Crackers & String Cheese</p>	<p>1</p> <p>Baked Fish Sticks</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>* Fruit Smoothie & Cracker</p>
<p>Fruits: Cantaloupe, Oranges, Kiwi, Applesauce</p> <p>Vegetables: Zucchini, Veggie Sticks, Cucumbers, Broccoli</p>	<p>4</p>  <p>*SCHOOL CLOSED</p>	<p>5</p> <p>Cheese Pizza</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*String Cheese & Cracker</p>	<p>6</p> <p>Zucchini and Ground Beef Skillet</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Goldfish & Fruit</p>	<p>7</p> <p>Baked Salmon w/ Brown Rice</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Applesauce & Raisins</p>	<p>8</p> <p>Ham and Cheese Pinwheels</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Sun Chips & Fruit</p>
<p>Fruits: Strawberries, Apples, Clementines, Watermelon</p> <p>Vegetables: Roasted Corn, Potatoes, Peas, Bell Peppers</p>	<p>11</p> <p>Spaghetti w/ Marinara Sauce</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Chex Mix & Cheese Cubes</p>	<p>12</p> <p>Chicken Apple Sausage w/ Mashed Potatoes</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Graham Cracker & Sunbutter</p>	<p>13</p> <p>Teriyaki Tofu w/ Rice</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Pretzel Thins & Fruit</p>	<p>14</p> <p>Sunbutter & Jelly Sandwich</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Cheerios & Craisins</p>	<p>15</p> <p>Bean and Cheese Burritos</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Fig Bars</p>
<p>Fruits: Cantaloupe, Watermelon, Nectarines, Asian Pear, Peaches</p> <p>Vegetables: Snap Peas, Pickles, Broccoli, Mixed Veggies,</p>	<p>18</p> <p>White Cheddar Mac N Cheese</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Animal Cracker & Fruit</p>	<p>19</p> <p>Sweet and Sour Meatballs w/ Dinner Roll</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Snap Peas & Cheese Slices</p>	<p>20</p> <p>Chicken Pot Stickers w/ Vegetable Fried Rice</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Carrots & Hummus w/ Cracker</p>	<p>21</p> <p>Grilled Cheese Triangles w/ Side Pickle</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*1/2 Rice Cake & Sunbutter</p>	<p>22</p> <p>Mini Pancakes w/ Yogurt and Dye Free Sprinkles</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Vanilla Yogurt & Berries</p>
<p>Fruits: Oranges, Kiwi, Applesauce, Pears, Strawberries</p> <p>Vegetables: Cherry Tomatoes, Avocado, Carrots, Sweet Corn, Veggie Sticks</p>	<p>25</p> <p>Baked Chicken Nuggets w/ BBQ Dipping Sauce</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Wheat Thins & Fruit</p>	<p>26</p> <p>Taco Pasta Salad (Rotini Pasta, Ground Beef, Cherry Tomatoes, Cheese)</p> <p>* Wheat Thins & Applesauce</p>	<p>27</p> <p>Turkey, Swiss & Avocado Sandwich</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*1/2 Wheat Brad & Jelly</p>	<p>28</p> <p>Mini Chicken Pot Pies</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>* Baked Cracker & Guacamole</p>	<p>29</p> <p>Bento Box Roast Beef, Provolone, & Baked Cracker</p> <p>Fresh Fruit</p> <p>Vegetables</p> <p>*Fig Bars</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.