



# Mission Montessori

## June Lunch Menu 2023



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fruits:</b> Strawberries, Pineapple, Oranges  <b>Vegetables:</b> Sweet Potato Fries, Golden Corn, Green Peas	29  <b>School Closed</b> <b>Memorial Day</b>	30  Baked Fish Sticks w/ Ketchup Fresh Fruit Vegetables  * Snap Peas & Craisins	31  Grilled Cheese Sandwiches Fresh Fruit Vegetables  * Veggie Sticks & Fruit	1  <b>School Closed</b> <b>Staff Development/            Summer Prep</b>	2  <b>School Closed</b> <b>Staff Development/            Summer Prep</b>
<b>Fruits:</b> Watermelon, Strawberries, Blackberries, Oranges, Applesauce  <b>Vegetables:</b> Cucumbers, Corn, Broccoli, Sliced Sweet Peppers	5  <b>First Day of SSI!</b> Cheese Pizza Fresh Fruit Vegetables  *Applesauce & Pirate Booty	6  Chicken Apple Sausage w/ Jasmine Rice Fresh Fruit Vegetables  *Graham Cracker & Fruit	7  Salami and Cheese Sliders Fresh Fruit Vegetables  *Fruit Smoothie & Cracker	8  Spaghetti and Meatballs Fresh Fruit Vegetables  *Cheerios & ½ Banana	9  Chicken and Veggie Stir Fry w/ Fresh Fruit  *Organic Popsicles & Crackers
<b>Fruits:</b> Cantaloupe, Blueberries, Oranges, Pineapple  <b>Vegetables:</b> Cucumbers, Broccoli, Zucchini, Snap Peas	12  Orange Chicken w/ Steamed Rice Fresh Fruit Vegetables  *Fig Bars	13  Sunbutter & Jelly Sandwich Fresh Fruit Vegetables  *Veggie Sticks & Fruit	14  Oven Baked Chicken Drumsticks Fresh Fruit Vegetables  *Fruit Smoothie & Cracker	15  Teriyaki Tofu w/ Jasmine Rice Fresh Fruit Vegetables  *Chex Mix & Fruit	16  Breakfast for lunch Mini Quiche w/ Vanilla Yogurt & Dye Free Sprinkles  *1/2 Rice Cake & Sunbutter
<b>Fruits:</b> Applesauce, Berries, Oranges, Seedless Grapes  <b>Vegetables:</b> Mini Pickles, Carrots, Broccoli, Avocado	19  Annie's White Cheddar Man N Cheese Fresh Fruit Vegetables  *Baked Crackers & Fruit	20  Ham & Cheddar Croissants Fresh Fruit Vegetables  *Applesauce & Berries	21  Baked Tilapia w/ Jasmine Rice Fresh Fruit Vegetables  *Fruit Smoothie & Cracker	22  Bean and Cheese Quesadilla's w/ Guacamole Fresh Fruit  *Snap Peas & Craisins	23  Bento Box Deli Ham, Cheese Cubes, Pickle & Baked Crackers Veggies & Fruit  * Organic Popsicles & Crackers
<b>Fruits:</b> Plums, Watermelon, Strawberries, Oranges  <b>Vegetables:</b> Sweet Bell Peppers, Snap Peas, Broccoli, Corn	26  Buttered Bowtie Pasta w/ Parmesan Sprinkle Fresh Fruit Vegetables  *Pirate Booty & Fruit	27  Baked Chicken Nuggets w/ Ranch Dip Fresh Fruit Vegetables  *Cucumbers & Hummus	28  Refried Bean and Cheese Burritos Fresh Fruit Vegetables  *Fruit Smoothie & Cracker	29  BBQ Pulled Pork w/ Dinner Roll Fresh Fruit Vegetables  *Apples & Sunbutter	30  Oven Roasted Turkey & Provolone Cheese on Whole Wheat  *Applesauce & Cheerios

We always use 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.