

CASTLE MONTESSORI SCHOOLS - VEGETARIAN MENU

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Student Name: _____ Classroom: _____ _____ x \$3.00= _____ Parent Signature _____		1 <i>fresh oranges</i> ** whole or 1% milk ** <i>classic hearty red sauce</i> & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** <i>fresh-cut pineapple chunks</i> 1% milk	2 whole wheat french toast and syrup 100% fruit juice ** <i>King Ranch enchilada "bake"</i> with whole corn tortillas rancho pinto beans confetti squash medley fresh mild salsa 1% milk ** vanilla yogurt "pudding" 1% milk
5 wheat raisin bagel with grape/apple jelly 100% fruit juice ** <i>"sloppy Joe crumbles"</i> whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh seasonal apple 1% milk	6 seasonally sourced fresh orange ** whole or 1% milk ** <i>cheddar cheese & MAC</i> with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** baby carrots & light ranch 100% juice	7 <i>fresh baked whole grain</i> carrot spice muffin 100% fruit juice ** <i>vegetable "fried" steak"</i> with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk ** pineapple chunks in juice 100% juice	8 fresh banana ** whole or 1% milk ** <i>Southern white beans in gravy</i> over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk ** fresh cucumber slices & light ranch 1% milk	9 fresh-cut cantaloupe wedge ** whole or 1% milk ** <i>warm "Greek" pita</i> roasted beans/chz in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce 1% milk ** <i>fresh-cut pineapple chunks</i> 1% milk
11 toasted oats cereal and raisins 100% fruit juice ** <i>baked falafel nuggets</i> with tahini sauce whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables 1% milk ** fresh seasonal apple 1% milk	13 <i>fresh oranges</i> ** whole or 1% milk ** <i>tex-mex taco "crumbles"</i> whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk ** fresh banana 100% juice	14 <i>fresh baked whole grain</i> real blueberry n' oats muffin 100% fruit juice ** <i>baked BBQ veggie bites</i> served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk ** fresh-cut seasonal melon 1% milk	15 applesauce ** whole or 1% milk ** <i>veggieballs Romana</i> whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese n' whole wheat roll 1% milk	16 whole grain french toast and syrup 100% fruit juice ** <i>vegetable "fried" brown rice</i> with peas, carrots, and more.. mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk ** vanilla yogurt "pudding" 100% juice
18 whole wheat bagel with light cream cheese 100% fruit juice ** <i>breaded vegetable nuggets</i> with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk ** pineapple chunks in juice 1% milk	20 whole grain cereal medley "toasted and fruity Os" 100% fruit juice ** <i>black bean "burger"</i> whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk ** fresh seasonal apple 1% milk	21 <i>fresh baked whole grain</i> pineapple "crumb" muffin 100% fruit juice ** <i>cheddar cheese & MAC</i> with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk	22 fresh-cut cantaloupe wedge ** whole or 1% milk ** <i>Tex-Mex stuffed peppers</i> a top mild creole sauce whole grain cornbread mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	23 sliced apples in juice ** whole or 1% milk ** <i>grilled bean/cheese burrito</i> in a whole grain tortilla wild & brown rice w/spinach mixed fruit in juice fresh mild salsa 1% milk ** fresh oranges 1% milk
25 toasted oats cereal and raisins 100% fruit juice ** <i>savory veggieballs</i> in a vegetable brown sauce whole wheat roll mashed potatoes steamed cut green beans 1% milk ** banana yogurt "pudding" 100% juice	27 fresh banana ** whole or 1% milk ** <i>white bean "burger"</i> whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup 1% milk ** fresh-cut seasonal melon 100% juice	28 <i>fresh baked whole grain</i> apple n' oats muffin 100% fruit juice ** <i>Italian pizza wrap</i> w/ mozzarella cheese & sauce in a whole grain tortilla lotsa bean pasta salad mixed fruit in juice 1% milk ** Texas honey cornbread-margarine 1% milk		