

# CASTLE MONTESSORI SCHOOLS

## February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; font-weight: bold;">5</p> <p>wheat raisin bagel with grape/apple jelly 100% fruit juice **</p> <p>"sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p style="text-align: right; font-weight: bold;">6</p> <p><i>fresh oranges</i> ** whole or 1% milk **</p> <p>cheddar cheese &amp; MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>baby carrots &amp; light ranch 100% juice</p>	<p style="text-align: right; font-weight: bold;">7</p> <p><i>fresh baked whole grain</i> carrot spice muffin 100% fruit juice **</p> <p>baked steak fritters with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk **</p> <p>pineapple chunks in juice 100% juice</p>	<p style="text-align: right; font-weight: bold;">1</p> <p>fresh orange ** whole or 1% milk **</p> <p>classic red meatsauce &amp; whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p><i>fresh-cut pineapple chunks</i> 1% milk</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>whole wheat french toast and syrup 100% fruit juice **</p> <p>King Ranch enchilada "bake" with whole corn tortillas ranchero pinto beans confetti squash medley <i>fresh mild salsa</i> 1% milk **</p> <p>vanilla yogurt "pudding" 1% milk</p>
<p style="text-align: right; font-weight: bold;">5</p> <p>wheat raisin bagel with grape/apple jelly 100% fruit juice **</p> <p>"sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p style="text-align: right; font-weight: bold;">6</p> <p><i>fresh oranges</i> ** whole or 1% milk **</p> <p>cheddar cheese &amp; MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>baby carrots &amp; light ranch 100% juice</p>	<p style="text-align: right; font-weight: bold;">7</p> <p><i>fresh baked whole grain</i> carrot spice muffin 100% fruit juice **</p> <p>baked steak fritters with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk **</p> <p>pineapple chunks in juice 100% juice</p>	<p style="text-align: right; font-weight: bold;">8</p> <p>fresh banana ** whole or 1% milk **</p> <p>Southern smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk **</p> <p>cucumber slices &amp; light ranch 1% milk</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>fresh-cut cantaloupe wedge ** whole or 1% milk **</p> <p>warm "Greek" pita chicken &amp; cheese in a w.w. pocket chickpea, potato &amp; cuke salad sliced pears in juice tzatziki sauce 1% milk **</p> <p><i>fresh-cut pineapple chunks</i> 1% milk</p>
<p style="text-align: right; font-weight: bold;">12</p> <p>toasted oats cereal and raisins 100% fruit juice **</p> <p>turkey frank whole wheat coney bun **</p> <p>baked tater wedge, ketchup steamed mixed vegetables 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p style="text-align: right; font-weight: bold;">13</p> <p><i>fresh oranges</i> ** whole or 1% milk **</p> <p>tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk **</p> <p>fresh banana 100% juice</p>	<p style="text-align: right; font-weight: bold;">14</p> <p><i>fresh baked whole grain</i> real blueberry n' oats muffin 100% fruit juice **</p> <p>baked BBQ chicken <small>served chopped with mild bbq sauce</small> whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk **</p>	<p style="text-align: right; font-weight: bold;">15</p> <p>applesauce ** whole or 1% milk **</p> <p>beef meatballs Romana whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>cheese n' whole wheat roll 1% milk</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>whole grain french toast and syrup 100% fruit juice **</p> <p>chicken "fried" brown rice with peas, carrots, and more.. mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk **</p> <p>vanilla yogurt "pudding" 100% juice</p>
<p style="text-align: right; font-weight: bold;">19</p> <p>whole wheat bagel with light cream cheese 100% fruit juice **</p> <p>chicken ZOO crew with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk **</p> <p>pineapple chunks in juice 1% milk</p>	<p style="text-align: right; font-weight: bold;">20</p> <p>whole grain cereal medley <i>"toasted and fruity Os"</i> 100% fruit juice **</p> <p>beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, &amp; ketchup 1% milk **</p> <p>fresh <i>seasonal</i> apple 1% milk</p>	<p style="text-align: right; font-weight: bold;">21</p> <p><i>fresh baked whole grain</i> pineapple "crumb" muffin 100% fruit juice **</p> <p>cheddar cheese &amp; MAC with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>fresh banana 1% milk</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>fresh-cut cantaloupe wedge ** whole or 1% milk **</p> <p>homestyle meatloaf in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans 1% milk **</p> <p>mozzarella cheese stick 100% juice</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>sliced apples in juice ** whole or 1% milk **</p> <p>grilled bean/cheese burrito in a whole grain tortilla wild &amp; brown rice w/spinach mixed fruit in juice <i>fresh mild salsa</i> 1% milk **</p> <p><i>fresh oranges</i> 1% milk</p>
<p style="text-align: right; font-weight: bold;">26</p> <p>toasted oats cereal and raisins 100% fruit juice **</p> <p>savory beef meatballs in a vegetable brown sauce whole wheat roll mashed potatoes steamed cut green beans 1% milk **</p> <p>banana yogurt "pudding" 100% juice</p>	<p style="text-align: right; font-weight: bold;">27</p> <p>fresh banana ** whole or 1% milk **</p> <p>Hawaiian chicken sam'ich whole wheat burger bun brown sugar carrot coins Island potato &amp; pasta salad ketchup 1% milk **</p> <p>fresh-cut <i>seasonal</i> melon 100% juice</p>	<p style="text-align: right; font-weight: bold;">28</p> <p><i>fresh baked whole grain</i> apple n' oats muffin 100% fruit juice **</p> <p>Italian beef pizza wrap with mozzarella cheese &amp; sauce in a whole grain tortilla lotsa bean pasta salad mixed fruit in juice 1% milk **</p> <p>Texas honey cornbread-margarine 1% milk</p>		