

CASTLE MONTESSORI SCHOOLS

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Student Name: _____</p> <p>Classroom: _____</p> <p>_____ x \$3.00= _____</p> <p>Parent Signature _____</p>		<p>1 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>fresh-cut pineapple chunks 1% milk</p>	<p>2 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 fresh mild salsa 1% milk **</p> <p>vanilla yogurt "pudding" 1% milk</p>
<p>5 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 seasonal apple 1% milk</p>	<p>6 fresh oranges ** 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>7 fresh baked whole grain 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>8 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>9 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>fresh-cut pineapple chunks 1% milk</p>
<p>12 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 seasonal apple 1% milk</p>	<p>13 fresh oranges ** 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>14 fresh baked whole grain real blueberry n' oats muffin 100% fruit juice **</p> <p>baked BBQ chicken served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk **</p>	<p>15 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>16 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>19 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>20 whole grain cereal medley "toasted and fruity Os" 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 seasonal apple 1% milk</p>	<p>21 fresh baked whole grain 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>22 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>23 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 fresh mild salsa 1% milk **</p> <p>fresh oranges 1% milk</p>
<p>26 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>27 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 seasonal melon 100% juice</p>	<p>28 fresh baked whole grain 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>		