

CASTLE MONTESSORI SCHOOLS VEGETARIAN MENU

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	whole grain cereal medley <i>"toasted and fruity Os"</i> 100% fruit juice ** black bean "burger" whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk ** fresh seasonal apple 1% milk	fresh baked whole grain pineapple "crumb" muffin 100% fruit juice ** cheddar cheese & MAC with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk	fresh-cut cantaloupe wedge ** whole or 1% milk ** Tex-Mex stuffed peppers a top mild creole sauce whole grain cornbread mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	sliced apples in juice ** whole or 1% milk ** grilled bean/cheese burrito in a whole grain tortilla wild & brown rice w/spinach mixed fruit in juice fresh mild salsa 1% milk ** oranges 1% milk
5	6	7	8	9
toasted oats cereal and raisins 100% fruit juice ** savory veggieballs in a vegetable brown sauce whole wheat roll mashed potatoes steamed cut green beans 1% milk ** banana yogurt "pudding" 100% juice	fresh banana ** whole or 1% milk ** white bean "burger" whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup 1% milk ** fresh-cut seasonal melon 100% juice	fresh baked whole grain apple n' oats muffin 100% fruit juice ** Italian pizza wrap with mozzarella cheese & sauce in a whole grain tortilla lotsa bean pasta salad mixed fruit in juice 1% milk ** Texas honey cornbread 1% milk	pineapple chunks in juice ** whole or 1% milk ** baked cheesy pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh seasonal apple 100% juice	fresh baked whole grain warm biscuit & jelly 100% fruit juice ** vegetable frank whole wheat coney bun ** bbq white beans steamed broccoli cuts 1% milk ** fresh oranges 1% milk
10	11	12	13	14
whole grain cereal medley whole corn & bit of frosted flakes 100% fruit juice ** lentil "burger" patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup 1% milk ** chilled diced pears in juice 1% milk	whole wheat bread slice with european margarine 100% fruit juice ** grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk ** fresh-cut seasonal melon 1% milk	fresh baked whole grain peach n' yogurt muffin 100% fruit juice ** breaded vegetable nuggets with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk ** fresh banana 1% milk	seasonally sourced fresh orange ** whole or 1% milk ** classic hearty red sauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh-cut pineapple chunks 1% milk	whole wheat french toast and syrup 100% fruit juice ** King Ranch enchilada "bake" with whole corn tortillas ranchero pinto beans confetti squash medley fresh mild salsa 1% milk ** vanilla yogurt "pudding" 1% milk
15	16	17	18	19
wheat raisin bagel with grape/apple jelly 100% fruit juice ** sloppy Joe crumbles whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh seasonal apple 1% milk	fresh oranges ** whole or 1% milk ** cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese and whole wheat roll 100% juice	fresh baked whole grain carrot spice muffin 100% fruit juice ** vegetable "fried" steak with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk ** pineapple chunks in juice 100% juice	whole grain cereal "the Os" ** whole or 1% milk ** Southern white beans in gravy over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk ** fresh melon wedge 1% milk	whole grain waffle syrup whole or 1% milk ** warm "Greek" pita roasted beans/chz in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce 1% milk ** fresh banana 1% milk
20	21	22	23	24
Memorial Day	toasted oats cereal and raisins 100% fruit juice ** tex-mex taco "crumbles" whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk ** fresh banana 100% juice	fresh baked whole grain real blueberry n' oats muffin 100% fruit juice ** baked BBQ veggie bites served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk ** fresh-cut seasonal melon 1% milk	applesauce ** whole or 1% milk ** veggieballs Romana whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese n' whole wheat roll 1% milk	Student Name: Classroom: _____ x \$3.00= _____ Parent Signature