

# CASTLE MONTESSORI SCHOOLS

## May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	whole grain cereal medley <i>"toasted and fruity Os"</i> 100% fruit juice **  beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk **  fresh <i>seasonal</i> apple 1% milk	<i>fresh baked whole grain</i> 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 **  homestyle meatloaf in a light tomato brown gravy 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 <i>fresh mild salsa</i> 1% milk **  <i>fresh oranges</i> 1% milk
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
toasted oats cereal and raisins 100% fruit juice **  savory beef meatballs 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 **  Hawaiian chicken sam'ich whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup 1% milk **  fresh-cut <i>seasonal</i> melon 100% juice	<i>fresh baked whole grain</i> apple n' oats muffin 100% fruit juice **  Italian beef pizza wrap with mozz 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 chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk **  fresh <i>seasonal</i> apple 100% juice	<i>fresh baked whole grain</i> warm biscuit & jelly 100% fruit juice **  turkey corny dog with whole grain breading ** bbq white beans steamed broccoli cuts 1% milk **  <i>fresh oranges</i> 1% milk
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
whole grain cereal medley with <i>whole corn &amp; 'bit of frosted flakes'</i> 100% fruit juice **  beef 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 <i>seasonal</i> melon 1% milk	<i>fresh baked whole grain</i> peach n' yogurt muffin 100% fruit juice **  chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk **  fresh banana 1% milk	<i>seasonally sourced</i> fresh orange ** whole or 1% milk **  classic red meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **  <i>fresh-cut pineapple chunks</i> 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 <i>fresh mild salsa</i> 1% milk **  vanilla yogurt "pudding" 1% milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
wheat raisin bagel with grape/apple jelly 100% fruit juice **  "sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk **  fresh <i>seasonal</i> apple 1% milk	<i>fresh oranges</i> ** whole or 1% milk **  cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **  <i>cheese and whole wheat roll</i> 100% juice	<i>fresh baked whole grain</i> carrot spice muffin 100% fruit juice **  baked steak fritters 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 smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk **  <i>fresh melon wedge</i> 1% milk	whole grain waffle syrup whole or 1% milk **  warm "Greek" pita chicken & cheese in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce 1% milk **  <i>fresh banana</i> 1% milk
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Memorial Day	toasted oats cereal and raisins 100% fruit juice **  tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk **  fresh banana 100% juice	<i>fresh baked whole grain</i> real blueberry n' oats muffin 100% fruit juice **  baked BBQ chicken served chopped with mild bbq sau whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk **  fresh-cut <i>seasonal</i> melon 1% milk	applesauce ** whole or 1% milk **  beef meatballs 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 _____
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
whole grain cereal medley with <i>whole corn &amp; 'bit of frosted flakes'</i> 100% fruit juice **  beef 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 <i>seasonal</i> melon 1% milk	<i>fresh baked whole grain</i> peach n' yogurt muffin 100% fruit juice **  chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk **  fresh banana 1% milk	<i>seasonally sourced</i> fresh orange ** whole or 1% milk **  classic red meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **  <i>fresh-cut pineapple chunks</i> 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 <i>fresh mild salsa</i> 1% milk **  vanilla yogurt "pudding" 1% milk
<b>30</b>	<b>31</b>	<b>32</b>	<b>33</b>	<b>34</b>
wheat raisin bagel with grape/apple jelly 100% fruit juice **  "sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk **  fresh <i>seasonal</i> apple 1% milk	<i>fresh oranges</i> ** whole or 1% milk **  cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **  <i>cheese and whole wheat roll</i> 100% juice	<i>fresh baked whole grain</i> carrot spice muffin 100% fruit juice **  baked steak fritters 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 smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk **  <i>fresh melon wedge</i> 1% milk	whole grain waffle syrup whole or 1% milk **  warm "Greek" pita chicken & cheese in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce 1% milk **  <i>fresh banana</i> 1% milk