

CASTLE MONTESSORI SCHOOLS VEGETARIAN MENU

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Student Name: _____ Classroom: _____ _____ x \$3.00= _____ Parent Signature _____			1 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 whole or 1% milk ** cheese squares & crackers 100% fruit juice
4 toasted oats cereal and raisins whole or 1% milk ** baked falafel nuggets with tahini sauce whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables whole or 1% milk ** fresh seasonal/ apple 100% fruit juice	5 fresh orange ** 100% fruit juice ** tex-mex taco "crumbles" whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley whole or 1% milk ** fresh banana whole or 1% milk	6 whole grain English muffin with jelly whole or 1% milk ** baked BBQ veggie bites served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts whole or 1% milk ** fresh-cut seasonal/ melon 100% fruit juice	7 applesauce ** whole or 1% milk ** veggieballs Romana whole wheat breadstick steamed cut green beans fresh leafy salad greens reduced calorie ranch whole or 1% milk ** cheese n' whole wheat roll whole or 1% milk	8 whole grain french toast and syrup whole or 1% milk ** vegetable "fried" brown rice with peas, carrots, and more.. mandarin oranges in juice steamed broccoli cuts ** whole or 1% milk ** vanilla pudding & grahams 100% juice
11 whole wheat bagel with light cream cheese whole or 1% milk ** breaded vegetable nuggets with whole grain breading seasoned black beans steamed carrot coins ketchup whole or 1% milk ** fresh cut pineapple chunks 100% fruit juice	12 whole grain cereal medley "toasted and fruity Os" whole or 1% milk ** black bean "burger" whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup whole or 1% milk ** fresh seasonal/ apple 100% fruit juice	13 diced pears in juice ** 100% fruit juice ** cheddar cheese & MAC with whole grain pasta steamed green peas fresh leafy salad greens reduced calorie ranch whole or 1% milk ** fresh banana whole or 1% milk	14 fresh-cut cantaloupe wedge ** 100% fruit juice ** Tex-Mex stuffed peppers a top mild creole sauce whole grain cornbread mashed potatoes steamed cut green beans whole or 1% milk ** mozzarella cheese stick whole or 1% milk	15 sliced apples ** 100% fruit juice ** grilled bean/cheese burrito in a whole grain tortilla wild & brown rice w/spinach mixed fruit in juice fresh mild salsa whole or 1% milk ** fresh orange 100% fruit juice
18 toasted oats cereal and raisins 100% fruit juice ** savory veggieballs in a vegetable brown sauce whole wheat roll mashed potatoes steamed cut green beans whole or 1% milk ** banana pudding & grahams whole or 1% milk	19 fresh banana ** whole or 1% milk ** white bean "burger" whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup whole or 1% milk ** cheese squares & crackers 100% fruit juice	20 fresh-cut seasonal/ melon ** whole or 1% milk ** Italian pizza wrap with mozzarella cheese & sauce in a whole grain tortilla bean pasta salad mixed fruit in juice whole or 1% milk ** fresh cut pineapple chunks 100% fruit juice	21 whole wheat pancake with syrup whole or 1% milk ** baked cheesy pasta with whole grain rotini Italian veggie medley fresh leafy salad greens reduced calorie ranch whole or 1% milk ** fresh seasonal/ apple 100% fruit juice	22 fresh baked whole grain warm biscuit & jelly whole or 1% milk ** vegetable frank whole wheat coney bun ** bbq white beans steamed broccoli cuts whole or 1% milk ** fresh orange 100% fruit juice
25 whole grain cereal medley whole or 1% milk ** lentil "burger" patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup whole or 1% milk ** chilled diced pears 100% fruit juice	26 whole wheat bread slice with european margarine whole or 1% milk ** grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch whole or 1% milk ** fresh-cut seasonal/ melon 100% fruit juice	27 whole grain muffin ** 100% fruit juice ** breaded vegetable nuggets with whole grain breading sweet potatoes buttered cut corn ketchup whole or 1% milk ** fresh banana whole or 1% milk	28 fresh orange ** 100% fruit juice ** classic hearty red sauce & whole-grain spaghetti steamed cut green pinto beans fresh leafy salad greens reduced calorie ranch whole or 1% milk ** fresh-cut pineapple chunks 100% fruit juice	29 whole wheat french toast and syrup whole or 1% milk ** King Ranch enchilada "bake" with whole corn tortillas rancho pinto beans confetti squash medley fresh mild salsa whole or 1% milk ** vanilla pudding & grahams whole or 1% milk