

# CASTLE MONTESSORI SCHOOLS

## March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Student Name: _____  Classroom: _____  _____ x \$3.00= _____  Parent Signature _____			1
4	5	6	7	8
toasted oats cereal and raisins whole or 1% milk ** <b>turkey frank</b> whole wheat coney bun ** baked tater wedge, ketchup steamed mixed vegetables whole or 1% milk ** fresh <i>seasonal</i> / apple 100% fruit juice	fresh orange ** 100% fruit juice ** tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley whole or 1% milk ** fresh banana whole or 1% milk	whole grain English muffin with jelly whole or 1% milk ** baked BBQ chicken served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts whole or 1% milk ** fresh-cut <i>seasonal</i> melon 100% fruit juice	applesauce ** whole or 1% milk ** beef meatballs 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	whole grain french toast and syrup whole or 1% milk ** chicken "fried" brown rice with peas, carrots, and more.. mandarin oranges in juice steamed broccoli cuts ** whole or 1% milk ** vanilla pudding & grahams 100% fruit juice
11	12	13	14	15
whole wheat bagel with light cream cheese whole or 1% milk ** chicken ZOO crew with whole grain breading seasoned black beans steamed carrot coins ketchup whole or 1% milk ** fresh cut pineapple chunks 100% fruit juice	whole grain cereal medley "toasted and fruity Os" whole or 1% milk ** beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup whole or 1% milk ** fresh <i>seasonal</i> / apple 100% fruit juice	diced pears ** 100% fruit juice ** cheddar cheese & MAC with whole grain "elbows" steamed green peas fresh leafy salad greens reduced calorie ranch whole or 1% milk ** fresh banana whole or 1% milk	fresh-cut cantaloupe wedge ** 100% fruit juice ** homestyle meatloaf in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans whole or 1% milk ** mozzarella cheese stick whole or 1% milk	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	19	20	21	22
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 whole or 1% milk ** banana pudding & grahams whole or 1% milk	fresh banana ** whole or 1% milk ** Hawaiian chicken sandwich whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup whole or 1% milk ** cheese squares & crackers 100% fruit juice	fresh-cut <i>seasonal</i> melon ** whole or 1% milk ** Italian beef 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	whole wheat pancake with syrup whole or 1% milk ** baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greens reduced calorie ranch whole or 1% milk ** fresh <i>seasonal</i> / apple 100% fruit juice	fresh baked whole grain warm biscuit & jelly whole or 1% milk ** turkey corny dog with whole grain breading ** bbq white beans steamed broccoli cuts whole or 1% milk ** fresh orange 100% fruit juice
25	26	27	28	29
whole grain cereal medley whole or 1% milk ** beef burger patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup whole or 1% milk ** chilled diced pears 100% fruit juice	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 <i>seasonal</i> melon 100% fruit juice	whole grain muffin ** 100% fruit juice ** chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup whole or 1% milk ** fresh banana whole or 1% milk	fresh orange ** 100% fruit juice ** classic red meatsauce & 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	whole wheat french toast and syrup whole or 1% milk ** King Ranch enchilada "bake" with whole corn tortillas ranchero pinto beans confetti squash medley fresh mild salsa whole or 1% milk ** vanilla pudding & grahams 1% milk