

CASTLE MONTESSORI SCHOOLS VEGETARIAN MENU

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Student Name: _____ Classroom: _____ _____ x \$3.00= _____ Parent Signature _____			
4	5	6	7	8
whole wheat bagel with light cream cheese whole milk ** breaded vegetable nuggets with whole grain breading seasoned black beans steamed carrot coins ketchup whole milk ** pineapple chunks 100% fruit juice	whole grain cereal medley "toasted and fruity Os" whole milk ** black bean "burger" whole wheat burger bun oven potatoes, diced California veggie medley ketchup whole milk ** 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 milk ** banana whole milk	cantaloupe wedge ** 100% fruit juice ** Tex-Mex stuffed peppers a top mild creole sauce whole grain cornbread mashed potatoes steamed cut green beans whole milk ** mozzarella cheese stick whole 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 milk ** orange 100% fruit juice
11	12	13	14	15
toasted oats cereal and raisins whole milk ** savory veggieballs in a stroganoff brown sauce whole wheat roll mashed potatoes steamed cut green beans whole milk ** banana pudding & graham whole milk	banana ** whole milk ** white bean "burger" whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup whole milk ** cheese squares & crackers whole milk	melon ** 100% fruit juice ** Italian pizza wrap with mozzarella cheese & sauce in a wheat flat bread bean pasta salad mixed fruit in juice whole milk ** pineapple chunks 100% fruit juice	whole wheat pancake(s) - syrup ** whole milk ** baked cheesy pasta with whole grain rotini Italian veggie medley fresh leafy salad greens reduced calorie ranch whole milk ** apple 100% fruit juice	fresh baked whole grain warm biscuit & jelly whole milk ** vegetable frank whole wheat coney bun ** bbq white beans steamed broccoli cuts whole milk ** orange 100% fruit juice
18	19	20	21	22
whole grain cereal medley "whole corn & 'bit of frosted flakes" whole milk ** lentil "burger" patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup whole milk ** diced pears 100% fruit juice	whole wheat bread slice with european margarine whole milk ** grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch whole milk ** melon 100% fruit juice	fresh baked whole grain peach n' yogurt muffin whole milk ** breaded vegetable nuggets with whole grain breading sweet potatoes buttered cut corn ketchup whole milk ** banana whole milk	orange ** 100% fruit juice ** classic hearty red sauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greens reduced calorie ranch whole milk ** pineapple chunks 100% fruit juice	whole wheat french toast and syrup whole milk ** King Ranch enchilada "bake" with whole corn tortillas rancho pinto beans confetti squash medley fresh mild salsa whole milk ** vanilla yogurt pudding whole milk
25	26	27	28	29
SCHOOL CLOSED	orange ** 100% fruit juice ** cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greens reduced calorie ranch whole milk ** cheese and whole wheat roll whole milk	banana ** whole milk ** vegetable "fried" steak" with whole grain breading mashed potatoes steamed cut green beans ketchup whole milk ** pineapple chunks 100% fruit juice	whole grain cereal "the Os" ** whole milk ** Southern white beans in gravy over whole grain noodles black-eyed peas steamed carrot coins ** whole milk ** melon wedge 100% fruit juice	whole grain waffle syrup whole milk ** warm "Greek" pita roasted beans/chz in a w.w. pocket chickpea, potato & cuke salad fresh orange wedges tzatziki sauce whole milk ** cheese squares & crackers whole milk