


# CASTLE MONTESSORI SCHOOLS MENU

## January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Student Name: _____ Classroom: _____ _____ x \$3.00= _____ Parent Signature _____			
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
whole wheat bagel with light cream cheese whole milk **  chicken ZOO crew 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 **  beef burger patty 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 **  homestyle meatloaf in a light tomato brown gravy 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
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
toasted oats cereal and raisins whole milk **  savory beef meatballs in a stroganoff brown sauce whole wheat roll mashed potatoes steamed cut green beans whole milk ** banana pudding & graham's whole milk	banana ** whole milk **  Hawaiian chicken whole grain 'white' bread brown sugar carrot coins Island potato & pasta salad ** whole milk ** cheese squares & crackers whole milk	melon ** 100% fruit juice **  Italian beef pizza wrap with mozzarella cheese & sauce in a wheat flatbread bean pasta salad mixed fruit in juice whole milk ** pineapple chunks 100% fruit juice	whole wheat pancake(s) - syrup ** whole milk **  baked chicken 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 **  turkey corny dog with whole grain breading ** bbq white beans steamed broccoli cuts whole milk ** orange 100% fruit juice
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>SCHOOL CLOSED</b>	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 **  chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup whole milk ** banana whole milk	orange ** 100% fruit juice **  classic red meatsauce & 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 ranchero pinto beans confetti squash medley fresh mild salsa whole milk ** vanilla yogurt "pudding" whole milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
wheat raisin bagel with grape/apple jelly whole milk **  "sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup whole milk ** apple 100% fruit juice	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 **  baked steak fritters 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 smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares whole milk ** melon wedge 100% fruit juice	whole grain waffle syrup whole milk **  warm "Greek" pita chicken & cheese in a w.w. pocket chickpea, potato & cuke salad fresh orange wedges tzatziki sauce whole milk ** cheese squares & crackers whole milk