

Montessori House for Children  
**FEBRUARY LUNCH MENU**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <b>Lunch</b> <b>New!</b> White Chili with Ground Turkey Fresh Salad with Tomatoes Fresh Orange Slices Wheat Roll	2 <b>Lunch</b> Corn Meal Crusted Tilapia Mashed Sweet Potato Cucumber Salad Wheat Roll Pear Slices	3 <b>Lunch</b> Cheese Pizza Green Peas Tossed Salad Pear Slices	
5 	6 <b>Lunch</b> Curried Turkey Couscous Salad Low-Fat Plain Yogurt Green Peas Wheat Roll	7 <b>Lunch</b> <b>New!</b> Chinese Chicken Fried Rice Sauteed Broccoli Wheat Roll Fresh Banana	8 <b>Lunch</b> Chicken and Biscuit Pie Sauteed Fresh Spinach Fresh Kiwi Slices	9 <b>Lunch</b> Southwest <b>Red</b> Lentils Brown Rice Fresh Steamed Broccoli Fresh Apple Slices	10 <b>Lunch</b> Cheese Pizza Corn Sliced Peaches	11 
12 	13 <b>Lunch</b> King Ranch Casserole Fresh Baby Carrots with Low-Fat Ranch Corn Bread Sliced Peaches	14 <b>Lunch</b> Tortellini Tomato Spinach Soup Corn Garlic Wheat Roll Applesauce	15 <b>Lunch</b> Healthy Pita Tacos With Cheese Mexican Style Rice Mandarin Oranges	16 <b>Lunch</b> Chicken Spaghetti Salad Steamed Edamame Wheat Roll Fresh Apple	17 <b>Lunch</b> Cheese Pizza Fresh Broccoli With Low Fat Ranch Dip Fresh Kiwi Slices	18 
19 	20 <b>Lunch</b> Turkey Burgers with Cheese, Lettuce & Tomato Sweet Potato Fries Apple Sauce	21 <b>Lunch</b> Oven Baked Chicken Breast Mashed Potatoes Fresh Green Salad Garlic Wheat Roll Pear Slices	22 <b>Lunch</b> Spanish Chickpea Stew Steamed Edamame Mandarin Oranges Wheat Roll	23 <b>Lunch</b> Baby Spinach Salad with Chicken Wheat Roll ½ Baked Sweet Potato Fresh Banana	24 <b>Lunch</b> Cheese Pizza Green Beans Orange Slices	25 
26 	27 <b>Lunch</b> Turkey & Bean Chili Verde Fresh Garden Salad Mexican Corn Bread Sliced Pears	28 <b>Lunch</b> Grilled Tilapia Macaroni Tossed in Olive Oil Sautéed Carrots Wheat Roll Fresh Grapes	29 <b>Lunch</b> Black Bean Soup Mexican Style Rice Corn Bread Steamed Edamame Fresh Banana			