

Montessori House for Children  
**JANUARY LUNCH MENU**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2 <b>SCHOOL CLOSED FOR HOLIDAY</b>	3 <b>Lunch</b> Moroccan Style Couscous with Chicken and Veggies Steamed Broccoli Wheat Roll Vanilla Yogurt	4 <b>Lunch</b> Healthy Pita Tacos with Black Beans Steamed Edemame Mexican Rice Fresh Orange Slices	5 <b>Lunch</b> Oven Baked Chicken Breast Mashed Potatoes Sautéed Spinach Wheat Roll Fresh Apple Slices	6 <b>Lunch</b> Cheese Pizza Green Peas Tossed Salad Pear Slices	7 
8 	9 <b>Lunch</b> Spaghetti a la Pesto Fresh Garden Salad Garlic Wheat Roll Cinnamon Apples	10 <b>Lunch</b> Tuna Noodle Casserole Green Beans Wheat Roll Fresh Banana	11 <b>Lunch</b> Corn Meal Crusted Tilapia ½ Baked Sweet Potato Cucumber Salad Wheat Roll Pear Slices	12 <b>Lunch</b> Southwest Red Lentils Brown Rice Fresh Steamed Broccoli Fresh Apple Slices	13 <b>Lunch</b> Cheese Pizza Corn Sliced Peaches	14 
15 	16 <b>Lunch</b> Turkey Sloppy Joe On Wheat Bun Apple Sauce Sweet Potato Fries	17 <b>Lunch</b> Tortellini Tomato Spinach Soup Corn Garlic Wheat Roll Applesauce	18 <b>Lunch</b> Oven Fried Chicken Leg Corn on the Cobb Broccoli Rice Casserole Wheat Roll Mandarin Oranges	19 <b>Lunch</b> Chilaquiles - Casserole Steamed Fresh Squash Fresh Banana	20 <b>Lunch</b> Cheese Pizza Fresh Broccoli With Low Fat Ranch Dip Fresh Apple Slices	21 
22 	23 <b>Lunch</b> Vegetable Lasagna Garlic Wheat Roll Fresh Garden Salad Sliced Pears	24 <b>Lunch</b> Turkey Burgers with Cheese, Lettuce & Tomato Sweet Potato Fries Apple Sauce	25 <b>Lunch</b> Black Bean Soup Mexican Rice Corn Bread Vanilla Yogurt	26 <b>Lunch</b> Baby Spinach Salad with Chicken Wheat Roll ½ Baked Sweet Potato Fresh Banana	27 <b>Lunch</b> Cheese Pizza Green Beans Orange Slices	28 
29 	30 <b>Lunch</b> Turkey & Bean Chili Verde Fresh Garden Salad Mexican Corn Bread Sliced Pears	31 <b>Lunch</b> Grilled Tilapia Macaroni Tossed in Olive Oil Sautéed Carrots Wheat Roll Fresh Grapes				