

Montessori House for Children

AUGUST 2010 LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2 Lunch Oven Baked Parmesan Chicken Home-Style Mashed Potatoes Corn on the Cob Wheat Roll Fresh Apple	3 Lunch Sliced Turkey and Cheese Sandwich On Wheat Fresh Carrot with Ranch Dressing Goldfish Crackers Fresh Banana	4 Lunch Baked Tilapia Brown Rice Fresh Tomato Slices Wheat Roll Baked Cinnamon Apples	5 Lunch Red Beans and Rice With Chicken Sausage Corn Bread Sliced Peaches	6 Lunch Whole Wheat Cheese Pizza Fresh Raw Broccoli With Low-Fat Ranch Dip Fresh Apple Slices	
8 	9 Lunch Grilled Cheese Sandwich on Wheat Fresh Celery Sticks With Ranch Sliced Peaches	10 Lunch Chicken Breast Cutlets Mediterranean Veggie Mix Mandarin Oranges Wheat Roll	11 Lunch Ground Turkey Tacos with Lettuce & Cheese Black Beans Spanish Rice Fresh Banana	12 Lunch Cheese Ravioli Garden Salad Garlic/Wheat Roll Sliced Pears	13 Lunch Whole Wheat Cheese Pizza Fresh Celery Sticks With Low Fat Ranch Dip Fresh Apples Slices	14 
15 	16 Lunch Beans & Cheese Burritos Mexican Rice Corn Sliced Peaches	17 Lunch Chicken Stir-Fry Asian Noodles Snap-Peas Asian Veggie Mix Wheat Roll Fresh Banana	18 Lunch Baked Tilapia Filet Elbow Macaroni Tossed Olive Oil Wheat Roll Fresh Grapes	19 Lunch Cheese/Veggie Lasagna Fresh Garden Salad Wheat/Garlic Roll Pear Slices	20 Lunch Whole Wheat Cheese Pizza Fresh Frozen Broccoli Fresh Apple Slices	21 
22 	23 Lunch Cheese Tortellini Tossed with Olive Oil and Parmesan Cheese Italian Veggie Mix Fresh Apple Slices	24 Lunch Cornmeal-Crusted Catfish Filets Fresh Carrot Sticks Black Eyed Peas Slice Peaches	25 Lunch Black Bean and Rice Spring Veggie Mix Cornbread Fruit Banana	26 Lunch Grilled Chicken Sliders on Wheat Spring Veggie Mix Mandarin Orange Slices	27 Lunch Whole Wheat Cheese Pizza Fresh Carrots Sticks With Low Fat Ranch Dip Fresh Apple Slices	28 
30 	30 Lunch Ground Turkey Tacos With Cheese and Lettuce Black Beans Spanish Rice Fresh Banana	31 Lunch Chicken Noodle Soup Cornbread Fresh Carrot Sticks Pear Slices				