

# CASTLE MONTESSORI SCHOOLS

## December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
toasted oats cereal and raisins whole or 1% milk ** savory beef meatballs in a vegetable brown sauce whole wheat roll mashed potatoes steamed cut green beans whole or 1% milk ** banana pudding & grahams 100% juice	fresh banana ** whole or 1% milk ** Hawaiian chicken sandwich whole wheat burger bun brown sugar carrot coins Island potato & pasta salad ketchup whole or 1% milk ** cheese squares & crackers 100% juice	fresh-cut <i>seasonal</i> melon ** 100% juice ** Italian beef pizza wrap with mozzarella cheese & sauce in a whole grain tortilla bean pasta salad mixed fruit in juice whole or 1% milk ** fresh cut pineapple chunks 100% juice	whole wheat pancake(s) - syrup ** whole or 1% milk ** baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad reduced calorie ranch whole or 1% milk ** fresh <i>seasonal</i> apple 100% juice	<i>fresh baked whole grain</i> warm biscuit & jelly whole or 1% milk ** turkey corny dog with whole grain breading ** bbq white beans steamed broccoli cuts whole or 1% milk ** fresh oranges 100% juice
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
whole grain cereal medley <i>"whole corn &amp; 'bit of frosted flakes"</i> whole or 1% milk ** beef burger patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup whole or 1% milk ** chilled diced pears in juice 100% juice	whole wheat bread slice with european margarine whole or 1% milk ** grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch whole or 1% milk ** fresh-cut <i>seasonal</i> melon 100% juice	pineapple tidbits in juice ** 100% juice ** chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup whole or 1% milk ** fresh banana 100% juice	fresh oranges ** 100% juice ** classic red meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad reduced calorie ranch whole or 1% milk ** <i>fresh-cut pineapple chunks</i> 100% juice	whole wheat french toast and syrup whole or 1% milk ** King Ranch enchilada "bake" with whole corn tortillas ranchero pinto beans confetti squash medley <i>fresh</i> mild salsa whole or 1% milk ** vanilla yogurt "pudding" whole or 1% milk
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
wheat raisin bagel with grape/apple jelly whole or 1% milk ** "sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup whole or 1% milk ** fresh <i>seasonal</i> apple 100% juice	fresh oranges ** 100% juice ** cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad reduced calorie ranch whole or 1% milk ** <i>cheese and whole wheat roll</i> whole or 1% milk	fresh banana ** whole or 1% milk ** baked steak fritters with whole grain breading mashed potatoes steamed cut green beans ketchup whole or 1% milk ** pineapple chunks in juice 100% juice	whole grain cereal "the Os" ** whole or 1% milk ** Southern smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares whole or 1% milk ** <i>fresh melon wedge</i> 100% juice	whole grain waffle syrup whole or 1% milk ** warm "Greek" pita chicken & cheese in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce whole or 1% milk ** <i>fresh banana</i> 100% juice
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>CLOSED FOR THE HOLIDAYS</b>		whole grain English muffin with jelly whole or 1% milk ** baked BBQ chicken served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts whole or 1% milk ** fresh-cut <i>seasonal</i> melon 100% juice	applesauce ** whole or 1% milk ** beef meatballs Romana whole wheat breadstick steamed cut green beans fresh leafy salad reduced calorie ranch whole or 1% milk ** cheese and whole wheat roll 100% juice	whole grain french toast and syrup whole or 1% milk ** chicken "fried" brown rice with peas, carrots, and more.. mandarin oranges in juice steamed broccoli cuts ** whole or 1% milk ** vanilla pudding & grahams 100% juice
<b>31</b>				
<b>CLOSED FOR THE HOLIDAYS</b>		Student Name:		
		Classroom:		
		_____ x \$3.00= _____		
		Parent Signature		