

CASTLE MONTESSORI SCHOOLS VEGETARIAN MENU

December 2018

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