

Ms Juana Montessori Home School

Lunch Menu - February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1/28/2019	1/29/2019	1/30/2019	1/31/2019	2/1/2019
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Chicken Mini Tacos	Macarroni&Cheese	Curry chicken	Turkey Ham	Popcorn chicken
Fruit/Veg or Juice	Green Peas	Corn	Cucumbers	Mixed Vegetables	Broccoli
Fruit/Veg or Juice	Bananas	Berries	Melon	Apples	Tangarines
Bread or Bread Alt.	Flour Tortilla		Toast	Pesto Spaghetti	Flour Tortilla
Week 2	2/4/2019	2/5/2019	2/6/2019	2/7/2019	2/8/2019
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Cheese stick	Dumplings	Chicken breast	Chicken Fajita	Cheese Pizza
Fruit/Veg or Juice	Green Peas	Broccoli	Cucumbers	Corn	Mixed Vegetables
Fruit/Veg or Juice	Bananas	Tangarines	Melon	Apples	Pears
Bread or Bread Alt.	Toast	Flour Tortilla	Farfalle Pasta	Toast	
Week 3	2/11/2019	2/12/2019	2/13/2019	2/14/2019	2/15/2019
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Fish Sticks	Macarroni&Cheese	Ginger Chicken	Noodle Chicken Soup	Chicken Nuggets
Fruit/Veg or Juice	Green Peas	Corn	Broccoli	Celery	French Fries
Fruit/Veg or Juice	Bananas	Berries	Melon	Apple	Tangarines
Bread or Bread Alt.	Toast	Pasta	Flour Tortilla	Toast	
Week 4	2/18/2019	2/19/2019	2/20/2019	2/21/2019	2/22/2019
Milk		Milk	Milk	Milk	Milk
Meat or Meat Alt.		Cheese Ravioli	Quesadilla	Chicken Breast	Cheese Pizza
Fruit/Veg or Juice		Broccoli	Cucumbers	Corn	Mixed Vegetables
Fruit/Veg or Juice		Tangarines	Melon	Apples	Pears
Bread or Bread Alt.			Flour Tortilla	Penne Pasta	