STUDENT NAME: .

HEALTHY HEARTS Sample LUNCH MENU for CASA MONTESSORI

*** ALL LUNCHES MUST BE ORDERED BY 9:15 AM**
*** LUNCHES ARE $4.00 PER DAY**
*** ALL LUNCHES SERVED WITH A BOTTLE OF WATER**
*** PLEASE MAKE CHECK PAYABLE TO: CASA MONTESSORI**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Burger French Fries Seasonal Fresh Fruit	3 Spaghetti with Marinara Sauce Fresh Veggies Seasonal Fresh Fruit	4 Three Cheese Quesadilla Fresh Veggies Seasonal Fresh Fruit	5 Turkey & Cheese Sandwiches on sliced white bread Carrot Sticks Seasonal Fresh Fruit	6 Mac & Cheese Fresh Veggies Seasonal Fresh Fruit JELLO
9 Spanish Rice, Bean & Cheese Burritos Carrot Sticks Seasonal Fresh Fruit	10 Grilled Cheese Sandwich Garden Salad with Ranch Seasonal Fresh Fruit	11 Cheese Pizza Fresh Veggies Seasonal Fresh Fruit	12 Baked Chicken Nuggets Mashed Potatoes Fresh Veggies Seasonal Fresh Fruit	13 Turkey Meatballs in Marinara Sauce Cheesy Garlic Bread Seasonal Fresh Fruit Chocolate Chip Cookie
16 Turkey Hot Dogs Side of Corn Kernels Fresh Veggies Seasonal Fresh Fruit	17 Chicken Parmesan with Fettucine Marinara Seasonal Fresh Fruit	18 Baked BBQ Drumsticks (Bone Out) Veggie Rice Medley Seasonal Fresh Fruit	19 Cheeseburger or Garden Burger French Fries Seasonal Fresh Fruit	20 Baked Chicken Nuggets Rainbow Fusili Pasta with Parmesan Sauce Seasonal Fresh Fruit Chocolate Pudding
23 Turkey Corn Dog Tator Tots Carrot Sticks Seasonal Fresh Fruit	24 Baked Chicken Nuggets with Potato Wedges Fresh Veggies Seasonal Fresh Fruit	25 Cheese Pizza Fresh Veggies Seasonal Fresh Fruit	26 Spanish Rice, Bean & Cheese Burritos Carrot Sticks Seasonal Fresh Fruit	27 Bowtie Pasta w/ Marinara Sauce Fresh Veggies Seasonal Fresh Fruit GO-GURT
30 (No School - Memorial Day)	31 Three Cheese Ravioli with Marinara Sauce Fresh Veggies Seasonal Fresh Fruit			

OF LUNCHES: . AMOUNT BY CHECK ENCLOSED: .