



Covered Bridge Montessori School

Weekly Menu



Monday - Aug 5th	Tuesday - Aug 6th	Wednesday - Aug 7th	Thursday - Aug 8th	Friday - Aug 9th
Lunch				
Milk	Milk	Milk	Milk	Milk
*WG Mac N Cheese	*WG Sub	Brown Rice	*WG Cheese Quesadilla	*WG Wrap
Chicken	Chicken Po Boys	BBQ Meatballs (Combination of Turkey, Beef and Chicken)	Cheddar Monterrey Jack Cheese	Turkey and Cheese
Peas and Carrots	Baby Carrots	Green Beans	Tomato Corn Salad	Mixed Salad
Mandarin Orange	100% Apple Juice	Diced Peaches	Fresh Apple	Banana
	Ketchup & Ranch			Ranch
Vegetarian Alternatives				
Garden Marinara Pasta w/ Meatless Balls	Veggie Nuggets Sub	BBQ Roasted Chickpeas		Hummus and Cheese Wrap



Min Serving Size Age 1-2
 Fluid Milk* - 1 cup (4oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1oz., Fruit - 1/8 cup, Vegetable - 1/8cup

Min Serving Size Age 3-5
 Fluid Milk* - 1 cup (6oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1 1/2oz., Fruit - 1/4 cup, Vegetable - 1/4cup

*All fluid milk must be fat-free or low-fat(1 percent fat or less) serving daily 2 types of milk Chocolate milk 1% and White milk 1%

*WG = Whole Grain



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Weekly Menu



Monday - Aug 12th	Tuesday - Aug 13th	Wednesday - Aug 14th	Thursday - Aug 15th	Friday - Aug 16th
Lunch				
Milk	Milk	Milk	Milk	Milk
*WG Spaghetti	*WG Dinner Roll	Cilantro Lime Rice	*WG Bun	*WG Sandwich
Marinara Meatballs	Lemon Pepper Chicken	Chicken Fajita	Crispy Chicken	Turkey and Cheese
Green Beans	Mashed Potatoes & Broccoli	Mixed Beans	Coleslaw	Baby Carrots
Mandarin Orange	100% Apple Juice	Diced Peaches	Fresh Apple	Watermelon
	Ketchup & Ranch		Ketchup	Ranch & Mayonnaise
Vegetarian Alternatives				
Spaghetti Veggi Balls	Lemon Pepper Roasted Chickpeas	Mixed Beans, Corn and Salsa Rice Bowl	Veggie Burger	Sunbutter and Jelly Sandwich



Min Serving Size Age 1-2
 Fluid Milk* - 1 cup (4oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1oz., Fruit - 1/8 cup, Vegetable - 1/8cup
Min Serving Size Age 3-5
 Fluid Milk* - 1 cup (6oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1 1/2oz., Fruit - 1/4 cup, Vegetable - 1/4cup
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Weekly Menu



Monday - Aug 19th	Tuesday - Aug 20th	Wednesday - Aug 21st	Thursday - Aug 22nd	Friday - Aug 23rd
Lunch				
Milk	Milk	Milk	Milk	Milk
*WG Mac N Cheese	*WG Sub	Brown Rice	*WG Cheese Quesadilla	*WG Wrap
Chicken	Chicken Po Boys	BBQ Meatballs (Combination of Turkey, Beef and Chicken)	Cheddar Monterrey Jack Cheese	Turkey and Cheese
Peas and Carrots	Baby Carrots & Vegetable Juice	Green Beans	Tomato Corn Salad	Mixed Salad
Mandarin Orange	100% Apple Juice	Diced Peaches	Fresh Apple	Banana
	Ketchup & Ranch			Ranch
Vegetarian Alternatives				
Garden Marinara Pasta w/ Meatless Balls	Veggie Nuggets Sub	BBQ Roasted Chickpeas		Hummus and Cheese Wrap



Min Serving Size Age 1-2
 Fluid Milk* - 1 cup (4oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1oz., Fruit - 1/8 cup, Vegetable - 1/8cup
Min Serving Size Age 3-5
 Fluid Milk* - 1 cup (6oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1 1/2oz., Fruit - 1/4 cup, Vegetable - 1/4cup
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Weekly Menu



Monday - Aug 26th	Tuesday - Aug 27th	Wednesday - Aug 28th	Thursday - Aug 29th	Friday - Aug 30th
Lunch				
Milk	Milk	Milk	Milk	Milk
*WG Spaghetti	*WG Dinner Roll	Cilantro Lime Rice	*WG Bun	*WG Sandwich
Marinara Meatballs	Lemon Pepper Chicken	Chicken Fajita	Crispy Chicken	Turkey and Cheese
Green Beans	Mashed Potatoes & Broccoli	Mixed Beans	Coleslaw	Baby Carrots
Mandarin Orange	100% Apple Juice	Diced Peaches	Fresh Apple	Watermelon
	Ketchup & Ranch		Ketchup	Ranch & Mayonnaise
Vegetarian Alternatives				
Spaghetti Veggi Balls	Lemon Pepper Roasted Chickpeas	Mixed Beans, Corn and Salsa Rice Bowl	Veggie Burger	Sunbutter and Jelly Sandwich



Min Serving Size Age 1-2
 Fluid Milk* - 1 cup (4oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1oz., Fruit - 1/8 cup, Vegetable - 1/8cup
Min Serving Size Age 3-5
 Fluid Milk* - 1 cup (6oz.), Grains - 1/2 Ounce equivalent, Meat/Alternative - 1 1/2oz., Fruit - 1/4 cup, Vegetable - 1/4cup
 *All fluid milk must be fat-free or low-fat(1 percent fat or less) serving daily 2 types of milk Chocolate milk 1% and White milk 1%
 *WG = Whole Grain