Vision Montessori

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
Labor Day Holiday School Closed	Kid Fav Whole Grain Creamy Mac n' Cheese ½ c Five Way Blend Hot Mixed Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Morningstar Breakfast Patty Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Tossed Mixed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Veggie Balls w/ Rice Fresh or Chilled Fruit	Whole Grain Breaded Chicken Patty on Whole Grain Bun 1 ea Two Way Mixed Diced Carrots & Corn Vegetables ¼ c Veggie: Morningstar Garden Burger on Bun; Fresh Fruit
9	**10**	**11**	**12**	**13**
Yum Turkey Hot Dog on a Whole Grain Bun 1 ea Hot Cooked Broccoli ¼ c Veggie: Morningstar Chik Tenders Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Morningstar Chik Nuggets; Fresh or Chilled Fruit	Garlic Butter Sauce Rainbow Tortellini Pasta Blend Topped w/ Parmesan Cheese ½ c Sweet Baby Peas ¼ c Veggie: Cheese Pasta Fresh or Chilled Fruit	Chicken Fajita Rice Bowl 2 oz Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Tossed Mixed Salad ¼ c w/ Ranch Dressing; Veggie: Refried Beans & Rice; Fruit or Chilled Fruit	Classic Cheesy Whole Grain Baked Ziti ½ c Two Way Mixed Diced Carrots & Corn Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit
16	**17**	**18**	**19**	**20**
Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Hot Cooked Broccoli ¼ c Veggie: Veggie Teriyaki Chik Strips Fresh or Chilled Fruit	Whole Grain Breaded Chicken Patty on Whole Grain Bun 1 ea Fresh Green Beans ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Waffles 2 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Morningstar Breakfast Patty Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Vegetarian Meatless Sauce ½ c Fresh Tossed Mixed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Cavatappi Fresh or Chilled Fruit	Southern Mini Whole Grain Turkey Corn Dog Nuggets 4 ea Five Way Blend Hot Mixed Vegetables ¼ c Veggie: Morningstar Chik Nuggets; Fresh or Chilled Fruit
23	**24**	**25**	**26**	**27**
Kid Fav Whole Grain Creamy Mac n' Cheese ½ c California Blend Mixed Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Creamy Mashed Potatoes ¼ c Sweet Baby Peas ¼ c Veggie: Veggie Balls Fresh or Chilled Fruit	Sliced Roasted Turkey & American Cheese on Whole Sub Fresh Tossed Mixed Salad ¼ c w/ Ranch Dressing; Veggie: Double Cheese Slider Fresh or Chilled Fruit	House Made Creamy Whole Grain Chicken Penne Alfredo ½ c Sweet Baby Peas ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Whole Grain Chicken & Cheese Quesadilla 1 ea Two Way Mixed Diced Carrots & Corn Vegetables ¼ c Veggie: Cheese Quesadilla Fresh or Chilled Fruit
30				
Whole Grain Breaded Chicken Tenders 3 ea Hot Cooked Broccoli ¼ c Veggie: Morningstar Chik Tenders Fresh or Chilled Fruit		All lunches conform to ½ oz whole grain equivalent or more. All lunches served with age appropriate milk.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS SHG is an equal opportunity provider	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges