SCHOOLHOUSE GRILL
School Meal Specialist

# Montessori Children's House of Loudoun

# July 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **1** | **2** | **3** | **4** | **5** |
| Breaded Chicken Patty on Bun 1 ea<br>California Mixed Vegetables ¼ c<br>Veggie: Morningstar Garden Patty on Bun<br>Fresh or Chilled Fruit | Creamy Mac & Cheese ½ c<br>Cooked Sweet Baby Peas ¼ c<br>Veggie: Mac & Cheese<br>Fresh or Chilled Fruit | Slow Roasted Turkey & Cheese Sub 1 ea<br>Fresh Baby Carrots ¼ c w/ Creamy Ranch Dressing<br>Veggie: Double Cheese Sub<br>Fresh or Chilled Fruit | Independence Day Holiday<br><br>School Closed | Cheddar Cheese Quesadilla ½ ea<br>Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip<br>Veggie: Cheese Quesadilla<br>Fresh or Chilled Fruit |
| **8** | **9** | **10** | **11** | **12** |
| Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c<br>Five-Way Mixed Vegetables ¼ c<br>Veggie: Rainbow Tortellini Pasta w/ Kale Pesto Sauce<br>Fresh or Chilled Fruit | Whole Grain Baked Chicken Nuggets 4 ea<br>Fresh Baby Carrots ¼ c w/ Creamy Ranch Dressing<br>Veggie: Morningstar Nuggets<br>Fresh or Chilled Fruit | "Breakfast For Lunch"<br>Jumbo Square Waffles 2 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Breakfast Patty<br>Fresh or Chilled Fruit | Creamy Mac & Cheese ½ c<br>Sweet Yellow Corn ¼ c<br>Veggie: Mac & Cheese<br>Fresh or Chilled Fruit | Mini Turkey Corn Dog Nuggets 4 ea<br>Fresh Green Beans ¼ c<br>Veggie: Morningstar Nuggets<br>Fresh or Chilled Fruit |
| **15** | **16** | **17** | **18** | **19** |
| Whole Grain Baked Chicken Nuggets 4 ea<br>Sweet Yellow Corn ¼ c<br>Veggie: Morningstar Nuggets<br>Fresh or Chilled Fruit | Chicken Fajita Rice Bowl (Chicken Fajita 2 oz over Rice ¼ c w/ Cheddar Cheese); Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit | Slow Roasted Turkey & Cheese Sub 1 ea<br>Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing<br>Veggie: Double Cheese Sub<br>Fresh or Chilled Fruit | Whole Grain Chicken Sticks 3 ea<br>Five-Way Hot Mixed Vegetables ¼ c<br>Veggie: Morningstar Nuggets<br>Fresh or Chilled Fruit | Cheddar Cheese Quesadilla ½ ea<br>Cooked Carrot Coins ¼ c<br>Veggie: Cheese Quesadilla<br>Fresh or Chilled Fruit |
| **22** | **23** | **24** | **25** | **26** |
| Mini Turkey Corn Dog Nuggets 4 ea<br>Sweet Yellow Corn ¼ c<br>Veggie: Morningstar Nuggets<br>Fresh or Chilled Fruit | Whole Grain Chicken Sticks 3 ea<br>Fresh Green Beans ¼ c<br>Veggie: Morningstar Nuggets<br>Fresh or Chilled Fruit | "Breakfast For Lunch"<br>French Toast Sticks 3 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Veggie Patty<br>Fresh or Chilled Fruit | Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c<br>Fresh Baby Carrots ¼ c w/ Creamy Ranch Dressing<br>Veggie: Veggie Balls over Rice<br>Fresh or Chilled Fruit | Creamy Mac & Cheese ½ c<br>California Mixed Vegetables ¼ c<br>Veggie: Mac & Cheese<br>Fresh or Chilled Fruit |
| **29** | **30** | **31** | | |
| Mini Turkey Corn Dog Nuggets 4 ea<br>Fresh Green Beans ¼ c<br>Veggie: Morningstar Nuggets<br>Fresh or Chilled Fruit | Breaded Chicken Patty on Bun 1 ea; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing<br>Veggie: Morningstar Garden Patty on Bun<br>Fresh or Chilled Fruit | Home-Style Turkey Meatballs 3 ea over Rice ¼ c<br>Fresh Baby Carrots ¼ c w/ Ranch Dressing; Veggie: Veggie Balls over Rice<br>Fresh or Chilled Fruit | THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS<br>All lunches served with age appropriate milk, either 1% or whole milk. | Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened<br>Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges |