SCHOOLHOUSE GRILL
School Meal Specialist

# Montessori Children's House of Loudoun

# January 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2** | **3** | **4** | **5** | **6** |
| Whole Grain Breaded Chicken Nuggets 4 ea<br>Capri Mixed Veggies ¼ c<br>Veggie: Morningstar Chik Nuggets<br>Fresh or Chilled Fruit | Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c<br>Sweet Yellow Corn ¼ c<br>Veggie: Rainbow Tortellini Pasta<br>Fresh or Chilled Fruit | Grilled Chicken Breast 1 ea & Gravy; Creamy Mashed Potatoes ¼ c<br>Sweet Hot Baby Peas ¼ c<br>Veggie: Morningstar Patty<br>Fresh or Chilled Fruit | Italian Meatball 3 ea Sub ½ ea Topped w/ Mozzarella Cheese<br>Hot Carrot Coins ¼ c<br>Veggie: Italian Veggie Ball Sub<br>Fresh or Chilled Fruit | House Made Creamy Chicken Penne Alfredo ½ c<br>Capri Mixed Vegetables ¼ c<br>Veggie: Penne Alfredo<br>Fresh or Chilled Fruit |
| **9** | **10** | **11** | **12** | **13** |
| "Breakfast For Lunch"<br>French Toast Sticks 3 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit | Grilled Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c<br>Sweet Hot Baby Peas ¼ c<br>Veggie: Veggie Chik Strips<br>Fresh or Chilled Fruit | Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½<br>California Blend Vegetables ¼ c<br>Veggie: Cavatappi w/ Marinara<br>Fresh or Chilled Fruit | Whole Grain Breaded Chicken Nuggets 4 ea<br>Fresh Green Beans ¼ c<br>Veggie: Morningstar Chik Nuggets<br>Fresh or Chilled Fruit | Home-Style Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c<br>Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip<br>Veggie: Meatless Balls over Rice<br>Fresh or Chilled Fruit |
| **16** | **17** | **18** | **19** | **20** |
| M L King<br><br>Day Holiday | Classic Cheesy Baked Ziti ½ c<br>Two Way (Carrots & Peas) Mixed Vegetables ¼ c<br>Veggie: Cheesy Baked Ziti<br>Fresh or Chilled Fruit | Whole Grain Breaded Chicken Patty on Whole Grain Bun 1 ea<br>Sweet Yellow Corn ¼ c<br>Veggie: Morningstar Garden Burger on Bun<br>Fresh or Chilled Fruit | Grilled Chicken & Cheddar Cheese Quesadilla 1 ea<br>Five Way Blend Hot Mixed Vegetables ¼ c<br>Veggie: Cheese Quesadilla<br>Fresh or Chilled Fruit | Kid Fav Creamy Mac n' Cheese ½ c<br>Capri Mixed Vegetables ¼ c<br>Veggie: Mac n' Cheese<br>Fresh or Chilled Fruit |
| **23** | **24** | **25** | **26** | **27** |
| Whole Grain Breaded Chicken Tenders 3 ea<br>Fresh Green Beans ¼ c<br>Veggie: Morningstar Chik Tenders<br>Fresh or Chilled Fruit | Chicken Fajita 2 oz on Whole Grain Soft Taco w/ Cheddar Cheese<br>Sweet Yellow Corn ¼ c<br>Veggie: Bean Soft Taco<br>Fruit or Chilled Fruit | Whole Grain Four Cheese Ravioli ½ c<br>California Blend Vegetables ¼ c<br>Veggie: Whole Grain Four Cheese Ravioli<br>Fresh or Chilled Fruit | "Breakfast For Lunch"<br>Buttermilk Pancakes 2 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit | Hawaiian Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip<br>Veggie: Veggie Balls over Rice<br>Fresh or Chilled Fruit |
| **30** | **31** | | | |
| "Breakfast For Lunch"<br>Jumbo Square Waffles 2 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit | Southern Mini Turkey Corn Dog Nuggets 4 ea<br>Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Morningstar Chik Nuggets<br>Fresh or Chilled Fruit | All lunches served with age appropriate milk, either 1% or whole milk.<br><br>All meals conform to grain requirements of ½ oz equivalent. | THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS<br><br>SHG is an equal opportunity provider. | Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges |