

Ms Juana Montessori Home School

Lunch Menu January - 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1/4/2021	1/5/2021	1/6/2021	1/7/2021	1/8/2021
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Chicken Mini Tacos	Macarroni&Cheese	Curry chicken	Turkey Ham	Popcorn chicken
Fruit/Veg or Juice	Green Peas	Corn	Cucumbers	Mixed Vegetables	Broccoli
Fruit/Veg or Juice	Bananas	Berries	Melon	Apples	Tangarines
Bread or Bread Alt.	Flour Tortilla		Toast	Pesto Spaghetti	Flour Tortilla
Week 2	1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Cheese stick	Dumplings	Chicken breast	Chicken Fajita	Cheese Pizza
Fruit/Veg or Juice	Green Peas	Broccoli	Cucumbers	Corn	Mixed Vegetables
Fruit/Veg or Juice	Bananas	Tangarines	Melon	Apples	Pears
Bread or Bread Alt.	Toast	Flour Tortilla	Farfalle Pasta	Toast	
Week 3	1/18/2021	1/19/2021	1/20/2021	1/21/2021	1/22/2021
Milk		Milk	Milk	Milk	Milk
Meat or Meat Alt.		Macarroni&Cheese	Ginger Chicken	Noodle Chicken Soup	Chicken Nuggets
Fruit/Veg or Juice		Corn	Broccoli	Celery	French Fries
Fruit/Veg or Juice		Berries	Melon	Apple	Tangarines
Bread or Bread Alt.		Pasta	Flour Tortilla	Toast	
Week 4	1/25/2021	1/26/2021	1/27/2021	1/28/2021	1/29/2021
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Chicken Strips	Cheese Ravioli	Quesadilla	Chicken Breast	Cheese Pizza
Fruit/Veg or Juice	Green Peas	Broccoli	Cucumbers	Corn	Mixed Vegetables
Fruit/Veg or Juice	Bananas	Tangarines	Melon	Apples	Pears
Bread or Bread Alt.	Toast		Flour Tortilla	Penne Pasta	