

## MOLO Montessori School Menu June--2023

Monday	Tuesday	Wednesday	Thursday	Friday
29-May	30-May	31-May	1-Jun	2-Jun
			Rosemary Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Cut Fruit	Breakfast for Lunch: Pancake, Turkey Sausage, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit
			V-Crispy Rosemary Tofu	V-Breakfast for Lunch: Pancake, Veggie Sausage
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit	Baked Chicken Breast with Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit	Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit	Chicken & Cheese Quesadillas, Steamed Rice, Black Beans, Fresh Cut Fruit	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit
V-BBQ Boca Burger Slider	V-Grilled Tofu with Anaheim Sauce	V-Broccoli, Cauliflower & Cheese Casserole with Grilled Tofu	V-Cheese Quesadillas	V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit	Teriyaki Chicken with Broccoli and Carrots, Steamed Rice, French Bread, Fresh Cut Fruit	Beefy Mac and Cheese, Fresh Corn, French Bread, Fresh Cut Fruit
V-Grilled Tofu with Alfredo Sauce	V-Assorted Cheese Wrap	V-Veggie Nuggets	V-Teriyaki Grilled Tofu	V- TVP Mac and Cheese
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit	Baked Chicken Breast, Mashed Potatoes with Cheddar Cheese, Sliced Carrots, Fresh Cut Fruit	Sweet & Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit
V-Eggplant Parmesan	V-Fried Rice with Grilled Tofu, Carrots & Lima Beans	V-Grilled Tofu	V-Sweet & Sour Grilled Tofu	V-Baked Cheese Sticks and Waffles
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit	Turkey Sloppy Joe Slider, Tater Tots, Fresh Corn, Fresh Cut Fruit	Parmesan & Ricotta Ravioli, Oven Roasted Zucchini, Garlic Bread, Fresh Cut Fruit	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
V-Macaroni and Cheese with Grilled Tofu	V-Vegetarian Tamales	V-TVP Sloppy Joe Slider		

\*Vegetarian Option