

MOLO Montessori School Menu June--2023

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

***Vegetarian Option**