



Montessori Breakfast February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
30-Jan	31-Jan	1-Feb	2-Feb	3-Feb
Plain Cheerios w/ String Cheese Fresh Clementine 100% Fruit Juice	Whole Grain Mini Berry French Toast Fresh Red Grapes 100% Fruit Juice	1/2 cup Whole Grain Granola w/ Greek Yogurt Cup Fresh Orange Wedges 100% Fruit Juice	Warm (4) French Toast Sticks w/ Turkey Sausage Links OR WG Blueberry Muffin w/ Hard Boiled Egg Fresh Banana 100% Fruit Juice	Sliced Whole Grain Bagel w/ Light Cream Cheese Fresh Apple Slices 100% Fruit Juice
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Rice Chex Cereal w/ String Cheese Fresh Clementines 100% Fruit Juice	Whole Grain Mini Maple Waffles Fresh Red Grapes 100% Fruit Juice	1/2 cup Whole Grain Granola w/ Greek Yogurt Cup Fresh Pear 100% Fruit Juice	Breakfast Sausage Pizza OR WG Apple Cinnamon Muffin w/ Hard Boiled Egg Plain Applesauce Cup 100% Fruit Juice	Sliced Whole Grain Bagel w/ Light Cream Cheese Fresh Apple Slices 100% Fruit Juice
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
Plain Cheerios w/ String Cheese Fresh Clementines 100% Fruit Juice	Whole Grain Maple Burst Mini Pancakes Fresh Red Grapes 100% Fruit Juice	1/2 cup Whole Grain Granola w/ Greek Yogurt Cup Fresh Orange Wedges 100% Fruit Juice	Egg and Cheese Sandwich on WG English Muffin OR WG Banana Muffin w/ Hard Boiled Egg Fresh Banana 100% Fruit Juice	Sliced Whole Grain Bagel w/ Light Cream Cheese Fresh Apple Slices 100% Fruit Juice
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
Rice Chex Cereal w/ String Cheese Fresh Clementines 100% Fruit Juice	Whole Grain Mini Berry French Toast Fresh Red Grapes 100% Fruit Juice	1/2 cup Whole Grain Granola w/ Greek Yogurt Cup Fresh Pear 100% Fruit Juice	Egg and Bacon Breakfast Pizza OR WG Blueberry Muffin w/ Hard Boiled Egg Plain Applesauce Cup 100% Fruit Juice	Sliced Whole Grain Bagel w/ Light Cream Cheese Fresh Apple Slices 100% Fruit Juice
27-Feb	28-Feb	1-Mar	2-Mar	4-Mar
Plain Cheerios w/ String Cheese Fresh Clementines 100% Fruit Juice	Whole Grain Mini Maple Waffles Fresh Red Grapes 100% Fruit Juice	1/2 cup Whole Grain Granola w/ Greek Yogurt Cup Fresh Orange Wedges 100% Fruit Juice	Ham and Cheese Bagel Melt OR WG Apple Cinnamon Muffin w/ Hard Boiled Egg Fresh Banana 100% Fruit Juice	Sliced Whole Grain Bagel w/ Light Cream Cheese Fresh Apple Slices 100% Fruit Juice
<p>BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim white.</p>				

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FOOD FOCUS:
 Culinary Herbs & Spices are made from different parts of the plant. Fresh herbs, such as basil, oregano and mint are the leafy portions of the plant, while dried spices are derived from the berries seeds; roots, stamen or flowers. Herbs & spices add flavor, texture and even nutrients to our favorite foods!

Montessori Academy Lunch Menu: February 2nd- March 3rd

Monday	Tuesday	Wednesday	Thursday	Friday
6-Feb	7-Feb	8-Feb	9-Feb	10-Feb
Teriyaki Beef Dippers 1/2 cup BBQ Baked Beans 1/2 Cup Seasoned Cauliflower Fresh Orange Wedges	Grilled Chicken Sandwich on Whole Grain Bun 1/2 Cup Seasoned Vegetable Medley 1/2 Cup Seasoned Potato Wedges Michigan Apples	Whole Grain Cheese Pizza 1/2 Cup Seasoned Broccoli 1/2 cup Fresh Celery Sticks Rosy Applesauce	Dorito Walking Taco With Shredded Lettuce & Cheese 1/2 Cup Refried Beans, 1/4 Cup Cherry Tomatoes Michigan Pears	(12) Popcorn Chicken 1/2 cup Baked Crinkle Cut Fries 1/2 cup Fresh Colorful Tossed Salad Sliced Peaches
13-Feb	14-Feb	15-Feb	16-Feb	17-Feb
(6) Mini Chicken Corn Dogs 1/2 Cup Herbed Broccoli & Cauliflower 1/2 Cup Boston Baked Beans Fresh Grapes	<i>Happy Valentines Day!</i> <i>*Strawberry Milk</i> French Toast Sticks with Sausage Patty 1/2 Cup Baked Tator Tots, 1/2 Cup Baby Carrots Rosy Applesauce	Whole Grain Pepperoni Pizza 1/2 Cup Fresh Colorful Tossed Salad 1/2 Cup California Medley Tropical Medley	Classic American Cheeseburger 1/2 Cup Carrot Fries 1/2 cup Fresh Romaine and Spinach Salad Michigan Pears	Whole Grain Chicken Nuggets 1/2 Cup Boston Baked Beans 1/2 Cup Fresh Cucumber Slices Medley Fresh Clementine
20-Feb	21-Feb	22-Feb	23-Feb	24-Feb
No School No Lunch Service	Ribique on Whole Grain Bun 1/2 Cup Savory Green Beans 1/4 Cup Celery Sticks Michigan Plums	Cheese Stuffed Whole Grain Breadsticks With Marinara Dipping Sauce 1/2 Cup Seasoned Broccoli Tropical Medley	Beef Hot Dog on Whole Grain 1/2 Cup Roasted Carrot Fries 1/2 Cup Peas and Carrots Michigan Apples	The Classic Sloppy Joes on Whole Grain Bun 1/2 Cup California Medley 1/2 Cup Seasoned Corn Sliced Pears
27-Feb	28-Feb	1-Mar	2-Mar	3-Mar
Salisbury Steak 1/2 Cup Mashed Potatos and Gravy 1/2 Cup Roasted Broccoli Whole Dinner Roll Promise Cup Fresh Grapes	Whole Grain Toasted Cheese Sandwich 1/2 Cup Tomato Soup 1/2 Cup Fresh Carrots Sticks Michigan Plums	Fiestada Pizza 1/2 Cup Savory Green Beans 1/2 Cup Spinach Salad Fresh Orange Wedges	Boneless Chicken Wings 1/2 Cup Seasoned Potato Wedges 1/2 Cup Seasoned Peas Tropical Fruit	Chili Cheese over Oven Baked French Fries 1/2 Cup Seasoned Carrots Michigan Apples

Lunch: A full student lunch includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes, 1 or 2 vegetable side dishes and choice of milk. Milk choices include 1% white and skim white.

Menu is subject to change without notice. Questions or concerns? Please contact Colleen Johnson, Director of Dining Services 231-720-2807 or Meaghan Beyer, Assistant Director and Registered Dietitian 231-720-2981

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