



FOOD FOCUS: Garden Vegetables

Garden Vegetables include green beans, carrots, corn, tomatoes, spinach, cucumbers, snap peas and summer squash. Vegetable gardens are a great way to grow delicious foods that are good for you and to have some fun! The types of vegetables that grow well in your area depends on the weather, soil, sunlight and many other factors. Garden vegetables taste best eaten fresh or cooked

Montessori Academy Lunch Menu: April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
(2) Soft Shell Tacos with Shredded Lettuce and Cheese 1/2 Cup Refried Beans 1/4 Cup Cherry Tomatoes Fresh Michigan Apple	Barbeque Shredded Pork Sandwich 1/2 cup Seasoned Collared Greens 1/2 Cup Seasoned Potato Wedges Mandarin Oranges	Whole Grain Cheese Pizza 1/2 Cup Seasoned Cauliflower 1/2 Cup Seasoned Broccoli Chilled Peaches	All Beef Hot Dog on Whole Grain Bun 1/2 Cup Baked Crinkle Cut Fries 1 cup Colorful Tossed Salad Fresh Orange Wedges	Whole Grain Spaghetti with Meatballs and Marinara Cheesy Whole Grain Breadstick 1/2 Cup Seasoned Peas Chilled Pineapple
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Teriyaki Beef Dippers with Garlic Breadstick 1/2 Cup Seasoned Broccoli 1/4 Cup Celery Sticks Tropical Fruit Medley	Whole Grain Chicken Rings 1/2 Cup Boston Baked Beans, 1/2 Cup Steamed Carrots Dinner Roll with Promise Cup Fresh Red Grapes	Whole Grain Pepperoni Pizza 1/2 Cup Seasoned Cauliflower 1 Cup Fresh Romaine and Spinach Salad Fresh Banana	Beef and Cheese Burrito 1/2 Cup Seasoned Corn 1/2 Cup Black Beans Chilled Pears	Whole Grain Chicken Nuggets 1/2 Cup Mashed Potatoes with Gravy, 1/2 Cup Cucumbers Green Applesauce Chilled Peaches
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
(6) Mini Chicken Corn Dogs 1/2 Cup Seasoned Broccoli 1/2 Cup Cauliflower Fresh Michigan Apples	(4) French Toast Sticks with Turkey Sausage Patty 1/2 Cup Crispy Tater Tots 1/4 Cup Celery Sticks Mandarin Oranges	Cheese Stuffed Whole Grain Breadsticks With Marinara Dipping Sauce 1/2 Cup Savory Green Beans Fresh Banana	Chicken Drumstick and Macaroni and Cheese 1/2 Cup Savory Green Beans 1/4 Cup Baby Carrots Cinnamon Applesauce	The Classic Sloppy Joes on Whole Grain Bun 1/2 Cup Sweet Potato Tots 1/2 Cup Seasoned Corn Chilled Pineapple
1-May	2-May	3-May	4-May	5-May
Chili Cheese over Oven Baked French Fries 1/2 Cup Roasted Broccoli Whole Dinner Roll Promise Cup Tropical Fruit Medley	Whole Grain Toasted Cheese Sandwich 1/2 Cup Tomato Soup 1/2 Cup Celery Sticks Fresh Red Grapes	Whole Grain Cheese Pizza 1/2 Cup Seasoned Cauliflower 1 Cup Spinach Salad Fresh Pear	Cheeseburger on Whole Grain Bun 1/2 Cup Seasoned Potato Wedges 1/2 Cup Seasoned Carrots Fresh Orange Wedges	(2) Soft Shell Beef Tacos on Corn Tortilla 1/2 Cup Refried Beans w/ Cheese 1/2 Cup Seasoned Corn Chilled Peaches

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 Meghan Beyer, Assistant Director and Registered Dietitian 231-720-2981

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Montessori Breakfast April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
Plain Cheerios w/ String Cheese	Whole Grain Mini Berry French Toast	1/2 cup Whole Grain Granola w/ Yogurt Cup	Warm (4) French Toast Sticks w/ Turkey Sausage Links OR WG Blueberry Muffin w/ Hard Boiled Egg	Sliced Whole Grain Bagel w/ Light Cream Cheese
Fresh Clementine	Fresh Red Grapes	Fresh Orange Wedges	Fresh Banana	Fresh Apple Slices
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Rice Chex Cereal w/ String Cheese	Whole Grain Mini Maple Waffles	1/2 cup Whole Grain Granola w/ Yogurt Cup	Ham and Cheese Bagel Melt OR WG Apple Cinnamon Muffin w/ Hard Boiled Egg	Sliced Whole Grain Bagel w/ Light Cream Cheese
Fresh Clementines	Fresh Red Grapes	Fresh Pear	Plain Applesauce Cup	Fresh Apple Slices
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
Plain Cheerios w/ String Cheese	Whole Grain Maple Burst Mini Pancakes	1/2 cup Whole Grain Granola w/ Yogurt Cup	Egg and Cheese Sandwich on WG English Muffin OR WG Banana Muffin w/ Hard Boiled Egg	Sliced Whole Grain Bagel w/ Light Cream Cheese
Fresh Clementines	Fresh Red Grapes	Fresh Orange Wedges	Fresh Banana	Fresh Apple Slices
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
1-May	2-May	3-May	4-May	5-May
Rice Chex Cereal w/ String Cheese	Whole Grain Mini Berry French Toast	1/2 cup Whole Grain Granola w/ Yogurt Cup	Egg and Bacon Breakfast Pizza OR WG Blueberry Muffin w/ Hard Boiled Egg	Sliced Whole Grain Bagel w/ Light Cream Cheese
Fresh Clementines	Fresh Red Grapes	Fresh Pear	Plain Applesauce Cup	Fresh Apple Slices
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
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.				

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