

Lunch Menu



The Woods
A Montessori School

February 2019

****Children are offered milk daily with lunch****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Turkey, Ham & Cheddar On Whole Grain White, ½ ea. Mayo on the Side Danimals Vanilla Yogurt, 1ea Mandarin Orange in Juice, 1/2c
4	5	6	7	8
Sunbutter & Jelly Sandwich on 100% Whole Grain Bread, ½ ea Strawberry Banana Yogurt Cup, 1 ea Mixed Fruit in Juice, 1/2c	Traditional Turkey & Cheddar Sub, ½ ea Shredded Lettuce, 1/4c Italian Dressing/Mayo on side All Natural Applesauce, 1/2c	Turkey Bologna & Cheese, ½ ea on 100% Whole Grain Bread, ½ ea Strawberry Banana Yogurt Cup, 1 ea Chilled Diced Pears in Juice, 1/2c	Build Your Own Taco Chicken Breast Strips w/Taco Seasoning, 1/4c Shredded Cheddar, 1/2oz Shred Lettuce, 1/4c/ WW Tortilla, 1ea Fresh Banana, 1ea	Turkey, Ham & Cheddar On Whole Grain White, ½ ea. Mayo on the Side Danimals Vanilla Yogurt, 1ea Mandarin Orange in Juice, 1/2c
11	12	13	14	15
Sunbutter & Jelly Sandwich on 100% Whole Grain Bread, ½ ea Strawberry Banana Yogurt Cup, 1 ea Mixed Fruit in Juice, 1/2c	Traditional Turkey & Cheddar Sub, ½ ea Shredded Lettuce, 1/4c Italian Dressing/Mayo on side All Natural Applesauce, 1/2c	Turkey Bologna & Cheese, ½ ea on 100% Whole Grain Bread, ½ ea Strawberry Banana Yogurt Cup, 1 ea Chilled Diced Pears in Juice, 1/2c	Build Your Own Taco Chicken Breast Strips w/Taco Seasoning, 1/4c Shredded Cheddar, 1/2oz Shred Lettuce, 1/4c/ WW Tortilla, 1ea Fresh Banana, 1ea	Turkey, Ham & Cheddar On Whole Grain White, ½ ea. Mayo on the Side Danimals Vanilla Yogurt, 1ea Mandarin Orange in Juice, 1/2c
18	19	20	21	22
NO SCHOOL	Traditional Turkey & Cheddar Sub, ½ ea Shredded Lettuce, 1/4c Italian Dressing/Mayo on side All Natural Applesauce, 1/2c	Turkey Bologna & Cheese, ½ ea on 100% Whole Grain Bread, ½ ea Strawberry Banana Yogurt Cup, 1 ea Chilled Diced Pears in Juice, 1/2c	Build Your Own Taco Chicken Breast Strips w/Taco Seasoning, 1/4c Shredded Cheddar, 1/2oz Shred Lettuce, 1/4c/ WW Tortilla, 1ea Fresh Banana, 1ea	Turkey, Ham & Cheddar On Whole Grain White, ½ ea. Mayo on the Side Danimals Vanilla Yogurt, 1ea Mandarin Orange in Juice, 1/2c
25	26	27	28	
Sunbutter & Jelly Sandwich on 100% Whole Grain Bread, ½ ea Strawberry Banana Yogurt Cup, 1 ea Mixed Fruit in Juice, 1/2c	Traditional Turkey & Cheddar Sub, ½ ea Shredded Lettuce, 1/4c Italian Dressing/Mayo on side All Natural Applesauce, 1/2c	Turkey Bologna & Cheese, ½ ea on 100% Whole Grain Bread, ½ ea Strawberry Banana Yogurt Cup, 1 ea Chilled Diced Pears in Juice, 1/2c	Build Your Own Taco Chicken Breast Strips w/Taco Seasoning, 1/4c Shredded Cheddar, 1/2oz Shred Lettuce, 1/4c/ WW Tortilla, 1ea Fresh Banana, 1ea	