

FRISCO TRAIL MONTESSORI SCHOOL- -July 2010 LUNCH AND SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 nv)turkey hot dog v)Spring rolls corn baked beans fruit/milk PM Snack Banana	2 cheese pizza green salad slice cucumber with Dip fruit milk PM Snack pudding w/vanilla wafer
5	6 nv) ravioli & turkey meat sauce v) pasta & marinara sauce salad/ dinner rolls milk/ fresh fruit PM Snack bagel & cream cheese	7 nv)turkey corn dog v)Spring rolls corn baked beans fruit/milk PM Snack snack crackers	8 nv) chicken parmesan v) hash brown patty noodle Italian vegetable milk/fruit PM Snack pudding w/vanilla wafer	9 nv) turkey & cheese sandwich v) cheese sandwich lettuce & tomato Vegetable sticks with dip/ fruit/milk PM Snack Muffins
12 nv) chicken nuggets v) vegetable nuggets green beans/corn milk/fresh fruit PM Snack dinner rolls and jelly	13 nv)Salisbury Steak (turkey) v) veggie patty corn / baked beans/milk/ fresh fruit PM Snack banana	14 nv) spaghetti & turkey meat sauce v) spaghetti & marinara sauce tossed salad & ranch carrots & peas milk/fresh fruit PM Snack bagel & cream cheese	15 nv) chicken egg rolls v) vegetable egg rolls fried rice/ oriental vegetable milk/ fresh fruit PM Snack snack crackers	16 cheese pizza green salad slice cucumber with Dip fruit milk PM Snack pudding w/vanilla wafer
19 nv) chicken patty v) vegetable patty mashed potatoes broccoli & cheese milk/fresh fruit PM Snack muffins	20 nv)Steak fingers (Beef) v)veggie fingers tater tots peas & carrots fruit/milk PM Snack dinner rolls and jelly	21 Mac & cheese mix green/ranch mix vegetable fruit milk PM Snack whole banana	22 nv) soft taco (turkey) v) bean &cheese burrito Spanish rice & beans taco salad fresh fruit/milk PM Snack bagel & cream cheese	23 nv) turkey & cheese sandwich v) cheese sandwich lettuce & tomato Vegetable sticks with dip/ fruit/milk PM Snack snack crackers
26 nv) Fish sticks v) Grilled cheese sandwich mashed potatoes carrots milk/fresh fruit PM Snack pudding w/vanilla wafer	27 nv) Spaghetti & turkey meat sauce v) spaghetti & marinara sauce tossed salad & ranch/ carrots & peas milk/fresh fruit PM Snack bagel & cream cheese	28 nv) Hamburger (Beef) v)veggie burger lettuce & tomato// French fries milk/fruit PM Snack snack crackers	29 nv) Chicken nuggets v) vegetable nuggets tater tots green beans milk/ fresh fruit PM Snack banana	30 Cheese pizza green salad slice cucumber with Dip fruit milk PM Snack snack crackers