

MOLO Montessori School Menu

February--2020

Monday	Tuesday	Wednesday	Thursday	Friday
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Roasted Carrots, Fresh Cut Fruit V-Grilled Tofu with Alfredo Sauce	Sweet and Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit V-Sweet and Sour Grilled Tofu	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit V-Vegetable Baked Ziti	Beef Sloppy Joe Sliders, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit V-Boca Burger Sloppy Joe Sliders	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Baked Cheese Sticks and Waffles
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Macaroni & Cheese with Oven Roasted Chicken, Steamed Broccoli, Fresh Cut Fruit V-Mac & Cheese with Grilled Tofu	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit V-Assorted Cheese Wrap	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette V-Vegetable Fried Rice with Carrots & Lima Beans	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit V-Vegetarian Tamales	Classic Grassfed Beef Lasagna, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit V-Vegetarian Lasagna
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit V-Cheese Quesadillas	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit V-Eggplant Parmesan	Rosemary Crispy Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Baked French Bread, Fresh Cut Fruit V-Rosemary Crispy Tofu with Rice Pilaf	Grassfed Beef Chili with Black Beans & Cheddar Cheese, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit V-TVP Chili with Black Beans & Cheddar Cheese	Breakfast for Lunch: Turkey Sausage, Eggs, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit V-Breakfast for Lunch: Veggie Sausage, Eggs, Pancakes
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit V-BBQ Boca Burger Slider	Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Green Peas & Diced Carrots, Fresh Cut Fruit V-Grilled Tofu with Mild Cream Anaheim Sauce	Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit	Turkey Meat Loaf, Mashed Potatoes, Sautéed Green Beans & Carrots, Fresh Baguette, Fresh Cut Fruit V-Vegetarian 'Meat' Loaf	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar

***Vegetarian Option**

Price \$4.00/Meal