

# White Rock Montessori August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
Hot #1 <b>Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce</b> , Tossed Salad, Yogurt <b>OR Turkey Hot Dogs on Wheat Buns</b>	Hot #1 <b>Tilapia with Toasted Herbed Panko and a Light Dijon Cream</b> , Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b>	Hot #1 <b>Chicken Scaloppini Provencal</b> , Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR Roast Beef on Wheat Bread</b>	Hot #1 <b>Beef Enchilada Casserole</b> , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR Bean and Cheese Burritos (Spinach Wrap)</b>	Hot #1 <b>Broiled Hamburgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars <b>OR Italian Sandwich on Wheat Bread</b>
29	30	31		
Hot #1 <b>Chicken and Beef Sausage Jambalaya</b> , French Green beans, Baguette, Fresh Fruit <b>OR Tuna on Wheat Bread</b>	Hot #1 <b>BBQ Chicken</b> , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit <b>OR Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine &amp; Vinaigrette</b>	Hot #1 <b>Roasted Turkey with Gravy</b> , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit <b>OR Lamb Gyro</b>		

# MENU

Prices  
\$5.25

Guess Who's Coming to Dinner Caterers  
10729 Audelia Rd. Ste 107, Dallas TX 75218

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[schools@gwctdc.com](mailto:schools@gwctdc.com)  
<http://gwctdcaterers.com>

# White Rock Montessori September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot #1 <b>Brazilian Beef Tips and Tomatoes over Rice</b> Peas and Carrots, Tossed Salad, Wheat Baguette, Applesauce <b>OR</b> Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	2 Hot #1 <b>Grilled Chicken</b> , Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Grilled Chicken Salad on Wheat Bread</b>
5 Labor Day No School	6 Hot #1 <b>Meatloaf</b> , Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>	7 Hot #1 <b>Wheat Penne with Bolognese Sauce, Basil, Mozzarella</b> , Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt <b>OR</b> <b>Turkey and Provolone Sandwich on Wheat Bread</b>	8 Hot #1 <b>Cheese Lasagna (Wheat Pasta)</b> , Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Grilled Chicken Caesar Salad</b>	9 Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b> , Green Beans and Corn, Caesar Salad, Frozen Fruit Bars <b>OR</b> <b>Italian Sandwich on Wheat Bread</b>
12 Hot #1 <b>Texas Turkey Melt (Wheat Bread)</b> , Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce <b>OR</b> <b>Tuna on Wheat Bread</b>	13 Hot #1 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Fresh Fruit <b>OR</b> <b>Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine &amp; Vinaigrette</b>	14 Hot #1 <b>Grilled Chicken with Hummus</b> , Carrot and Celery Sticks, Wheat Baguette Fresh Fruit <b>OR</b> <b>Hummus and Cucumber Spinach Wrap</b>	15 Hot #1 <b>Grilled Cheese (Wheat Bread) with Tomato Basil Soup</b> , Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Grilled Chicken Fajita Salad</b>	16 Hot #1 <b>Beef Tacos</b> with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR</b> <b>Grilled Chicken Salad Sandwich on Wheat Bread</b> (soft tacos for little's)
19 Hot #1 <b>Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce</b> , Tossed Salad, Yogurt <b>OR</b> <b>Turkey Hot Dogs on Wheat Buns</b>	20 Hot #1 <b>Tilapia with Toasted Herbed Panko and a Light Dijon Cream</b> , Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b>	21 Hot #1 <b>Chicken Scaloppini Provencal</b> , Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Roast Beef on Wheat Bread</b>	22 Hot #1 <b>Beef Enchilada Casserole</b> , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> <b>Bean and Cheese Burritos (Spinach Wrap)</b>	23 Hot #1 <b>Broiled Hamburgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars <b>OR</b> <b>Italian Sandwich on Wheat Bread</b>
26 Hot #1 <b>Chicken and Beef Sausage Jambalaya</b> , French Green beans, Baguette, Fresh Fruit <b>OR</b> <b>Tuna on Wheat Bread</b>	27 Hot #1 <b>BBQ Chicken</b> , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine &amp; Vinaigrette</b>	28 Hot #1 <b>Roasted Turkey with Gravy</b> , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Lamb Gyro</b>	29 Hot #1 <b>Brazilian Beef Tips and Tomatoes over Rice</b> Peas and Carrots, Tossed Salad, Wheat Baguette, Applesauce <b>OR</b> <b>Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</b>	30 Fair Day No School

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# White Rock Montessori October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot #1 <b>Loaded Baked Potato</b> , Tossed Green Salad, Broccoli, Wheat Baguette, Fresh Fruit <b>OR</b> Asian Chicken Salad Wrap (Spinach Wrap)	4 Hot #1 <b>Meatloaf</b> , Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing	5 Hot #1 <b>Wheat Penne with Bolognese Sauce, Basil, Mozzarella</b> , Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt <b>OR</b> Turkey and Provolone Sandwich on Wheat Bread	6 Hot #1 <b>Cheese Lasagna</b> (Wheat Pasta), Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Caesar Salad	7 Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b> , Green Beans and Corn, Caesar Salad, Frozen Fruit Bars <b>OR</b> Italian Sandwich on Wheat Bread
10 Staff Development No School	11 Hot #1 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Fresh Fruit <b>OR</b> Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine & Vinaigrette	12 Hot #1 <b>Grilled Chicken with Hummus</b> , Carrot and Celery Sticks, Wheat Baguette, Fresh Fruit <b>OR</b> Hummus and Cucumber Spinach Wrap	13 Hot #1 <b>Grilled Cheese</b> (Wheat Bread) with <b>Tomato Basil Soup</b> , Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Fajita Salad	14 Hot #1 <b>Beef Tacos</b> with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR</b> Grilled Chicken Salad Sandwich on Wheat Bread (soft tacos for little's)
17 Hot #1 <b>Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce</b> , Tossed Salad, Yogurt <b>OR</b> Turkey Hot Dogs on Wheat Buns	18 Hot #1 <b>Tilapia with Toasted Herbed Panko and a Light Dijon Cream</b> , Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR</b> Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing	19 Hot #1 <b>Chicken Scaloppini Provençal</b> , Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> Roast Beef on Wheat Bread	20 Hot #1 <b>Beef Enchilada Casserole</b> , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> Bean and Cheese Burritos (Spinach Wrap)	21 Hot #1 <b>Broiled Hamburgers</b> (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars <b>OR</b> Italian Sandwich on Wheat Bread
24 Hot #1 <b>Chicken and Beef Sausage Jambalaya</b> , French Green beans, Baguette, Fresh Fruit <b>OR</b> Tuna on Wheat Bread	25 Hot #1 <b>BBQ Chicken</b> , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit <b>OR</b> Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine & Vinaigrette	26 Hot #1 <b>Roasted Turkey with Gravy</b> , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Lamb Gyro	27 Hot #1 <b>Brazilian Beef Tips and Tomatoes over Rice</b> Peas and Carrots, Tossed Salad, Wheat Baguette, Applesauce <b>OR</b> Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	28 Hot #1 <b>Grilled Chicken</b> , Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Salad on Wheat Bread
31 Hot #1 <b>Loaded Baked Potato</b> , Tossed Green Salad, Broccoli, Wheat Baguette, Fresh Fruit <b>OR</b> Asian Chicken Salad Wrap (Spinach Wrap)				

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# White Rock Montessori November

# 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Hot #1 <b>Meatloaf</b> , Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>	Hot #1 <b>Wheat Penne with Bolognese Sauce, Basil, Mozzarella</b> , Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt <b>OR</b> <b>Turkey and Provolone Sandwich on Wheat Bread</b>	Hot #1 <b>Cheese Lasagna</b> (Wheat Pasta), Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Grilled Chicken Caesar Salad</b>	Conferences No School
7	8	9	10	11
Hot #1 <b>Texas Turkey Melt</b> (Wheat Bread), Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce <b>OR</b> <b>Tuna on Wheat Bread</b>	Hot #1 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Fresh Fruit <b>OR</b> <b>Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine &amp; Vinaigrette</b>	Hot #1 <b>Grilled Chicken with Hummus</b> , Carrot and Celery Sticks, Wheat Baguette Fresh Fruit <b>OR</b> <b>Hummus and Cucumber Spinach Wrap</b>	Hot #1 <b>Grilled Cheese</b> (Wheat Bread) <b>with Tomato Basil Soup</b> , Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Grilled Chicken Fajita Salad</b>	Hot #1 <b>Beef Tacos</b> with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR</b> <b>Grilled Chicken Sandwich on Wheat Bread</b> (soft tacos for little's)
14	15	16	17	18
Hot #1 <b>Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce</b> , Tossed Salad, Yogurt <b>OR</b> <b>Turkey Hot Dogs on Wheat Buns</b>	Hot #1 <b>Tilapia with Toasted Herbed Panko and a Light Dijon Cream</b> , Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b>	Hot #1 <b>Chicken Scaloppini Provençal</b> , Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Roast Beef on Wheat Bread</b>	Hot #1 <b>Beef Enchilada Casserole</b> , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> <b>Bean and Cheese Burritos</b> (Spinach Wrap)	Hot #1 <b>Broiled Hamburgers</b> (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars <b>OR</b> <b>Italian Sandwich on Wheat Bread</b>
21	22	23	24	25
Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
28	29	30		
Hot #1 <b>Loaded Baked Potato</b> , Tossed Green Salad, Broccoli, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Asian Chicken Salad Wrap</b> (Spinach Wrap)	Hot #1 <b>Meatloaf</b> , Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> <b>Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>	Hot #1 <b>Wheat Penne with Bolognese Sauce, Basil, Mozzarella</b> , Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt <b>OR</b> <b>Turkey and Provolone Sandwich on Wheat Bread</b>		

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# White Rock Montessori December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot #1 Cheese Lasagna (Wheat Pasta), Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Caesar Salad	2 Hot #1 Tomato Basil and Three-Cheese Pizza, Green Beans and Corn, Caesar Salad, Frozen Fruit Bars <b>OR</b> Italian Sandwich on Wheat Bread
5 Hot #1 Texas Turkey Melt (Wheat Bread), Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce <b>OR</b> Tuna on Wheat Bread	6 Hot #1 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Fresh Fruit <b>OR</b> Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine & Vinaigrette	7 Hot #1 Grilled Chicken with Hummus, Carrot and Celery Sticks, Wheat Baguette Fresh Fruit <b>OR</b> Hummus and Cucumber Spinach Wrap	8 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup, Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Fajita Salad	9 Conferences No School
12 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce, Tossed Salad, Yogurt <b>OR</b> Turkey Hot Dogs on Wheat Buns	13 Hot #1 Tilapia with Toasted Herbed Panko and a Light Dijon Cream, Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR</b> Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing	14 Hot #1 Chicken Scaloppini Provencal, Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> Roast Beef on Wheat Bread	15 Hot #1 Beef Enchilada Casserole, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> Bean and Cheese Burritos (Spinach Wrap)	16 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars <b>OR</b> Italian Sandwich on Wheat Bread
19 Hot #1 Chicken and Beef Sausage Jambalaya, French Green beans, Baguette, Fresh Fruit <b>OR</b> Tuna on Wheat Bread	20 Hot #1 BBQ Chicken, Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit <b>OR</b> Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine & Vinaigrette	21 Hot #1 Roasted Turkey with Gravy, Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Lamb Gyro	22 Early Dismissal No Lunch	23 Winter Break No School
26 Winter Break No School	27 Winter Break No School	28 Winter Break No School	29 Winter Break No School	30 Winter Break No School

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# White Rock Montessori January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School	6 Winter Break No School
9 Staff Development No School	10 Hot #1 Tilapia with Toasted Herbed Panko and a Light Dijon Cream, Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR</b> Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing	11 Hot #1 Chicken Scaloppini Provencal, Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> Roast Beef on Wheat Bread	12 Hot #1 Beef Enchilada Casserole, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> Bean and Cheese Burritos (Spinach Wrap)	13 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars <b>OR</b> Italian Sandwich on Wheat Bread
16 MLK Day No School	17 Hot #1 BBQ Chicken, Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit <b>OR</b> Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine & Vinaigrette	18 Hot #1 Roasted Turkey with Gravy, Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Lamb Gyro	19 Hot #1 Brazilian Beef Tips and Tomatoes over Rice Peas and Carrots, Tossed Salad, Wheat Baguette, Applesauce <b>OR</b> Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	20 Hot #1 Grilled Chicken, Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Salad on Wheat Bread
23 Hot #1 Loaded Baked Potato, Tossed Green Salad, Broccoli, Wheat Baguette, Fresh Fruit <b>OR</b> Asian Chicken Salad Wrap (Spinach Wrap)	24 Hot #1 Meatloaf, Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing	25 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella, Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt <b>OR</b> Turkey and Provolone Sandwich on Wheat Bread	26 Hot #1 Cheese Lasagna (Wheat Pasta), Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Caesar Salad	27 Hot #1 Tomato Basil and Three-Cheese Pizza, Green Beans and Corn, Caesar Salad, Frozen Fruit Bars <b>OR</b> Italian Sandwich on Wheat Bread
30 Hot #1 Texas Turkey Melt (Wheat Bread), Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce <b>OR</b> Tuna on Wheat Bread	31 Hot #1 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Fresh Fruit <b>OR</b> Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine & Vinaigrette			

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# White Rock Montessori February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot #1 Grilled Chicken with Hummus, Carrot and Celery Sticks, Wheat Baguette Fresh Fruit OR Hummus and Cucumber Spinach Wrap	2 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup, Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit OR Grilled Chicken Fajita Salad	3 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft tacos for little's)
6 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce, Tossed Salad, Yogurt OR Turkey Hot Dogs on Wheat Buns	7 Hot #1 Tilapia with Toasted Herbed Panko and a Light Dijon Cream, Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing	8 Hot #1 Chicken Scaloppini Provencal, Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit OR Roast Beef on Wheat Bread	9 Hot #1 Beef Enchilada Casserole, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	10 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars OR Italian Sandwich on Wheat Bread
13 Hot #1 Chicken and Beef Sausage Jambalaya, French Green beans, Baguette, Fresh Fruit OR Tuna on Wheat Bread	14 Hot #1 BBQ Chicken, Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit OR Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine & Vinaigrette	15 Hot #1 Roasted Turkey with Gravy, Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit OR Lamb Gyro	16 Hot #1 Brazilian Beef Tips and Tomatoes over Rice Peas and Carrots, Tossed Salad, Wheat Baguette, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	17 Hot #1 Grilled Chicken, Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Baguette, Fresh Fruit OR Grilled Chicken Salad on Wheat Bread
20 President's Day No School	21 Hot #1 Meatloaf, Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing	22 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella, Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	23 Hot #1 Cheese Lasagna (Wheat Pasta), Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit OR Grilled Chicken Caesar Salad	24 Hot #1 Tomato Basil and Three-Cheese Pizza, Green Beans and Corn, Caesar Salad, Frozen Fruit Bars OR Italian Sandwich on Wheat Bread
27 Hot #1 Texas Turkey Melt (Wheat Bread), Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce OR Tuna on Wheat Bread	28 Hot #1 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine & Vinaigrette			

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# White Rock Montessori March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot #1 Grilled Chicken with Hummus, Carrot and Celery Sticks, Wheat Baguette Fresh Fruit OR Hummus and Cucumber Spinach Wrap	2 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup, Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit OR Grilled Chicken Fajita Salad	3 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft tacos for little's)
6 Hot #1 Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce, Tossed Salad, Yogurt OR Turkey Hot Dogs on Wheat Buns	7 Hot #1 Tilapia with Toasted Herbed Panko and a Light Dijon Cream, Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing	8 Hot #1 Chicken Scaloppini Provencal, Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit OR Roast Beef on Wheat Bread	9 Hot #1 Beef Enchilada Casserole, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)	10 Hot #1 Broiled Hamburgers (Wheat Buns) with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars OR Italian Sandwich on Wheat Bread
13 Spring Break No School	14 Spring Break No School	15 Spring Break No School	16 Spring Break No School	17 Spring Break No School
20 Hot #1 Loaded Baked Potato, Tossed Green Salad, Broccoli, Wheat Baguette, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)	21 Hot #1 Meatloaf, Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing	22 Hot #1 Wheat Penne with Bolognese Sauce, Basil, Mozzarella, Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt OR Turkey and Provolone Sandwich on Wheat Bread	23 Hot #1 Cheese Lasagna (Wheat Pasta), Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit OR Grilled Chicken Caesar Salad	24 Hot #1 Tomato Basil and Three-Cheese Pizza, Green Beans and Corn, Caesar Salad, Frozen Fruit Bars OR Italian Sandwich on Wheat Bread
27 Hot #1 Texas Turkey Melt (Wheat Bread), Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce OR Tuna on Wheat Bread	28 Hot #1 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Fresh Fruit OR Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine & Vinaigrette	29 Hot #1 Grilled Chicken with Hummus, Carrot and Celery Sticks, Wheat Baguette Fresh Fruit OR Hummus and Cucumber Spinach Wrap	30 Hot #1 Grilled Cheese (Wheat Bread) with Tomato Basil Soup, Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit OR Grilled Chicken Fajita Salad	31 Hot #1 Beef Tacos with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Chicken Salad Sandwich on Wheat Bread (soft tacos for little's)

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# White Rock Montessori April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot #1 <b>Chicken Bowtie Wheat Pasta with Diced Tomato and Basil Cream Sauce</b> , Tossed Salad, Yogurt <b>OR Turkey Hot Dogs on Wheat Buns</b>	4 Hot #1 <b>Tilapia with Toasted Herbed Panko and a Light Dijon Cream</b> , Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</b>	5 Hot #1 <b>Chicken Scaloppini Provencal</b> , Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR Roast Beef on Wheat Bread</b>	6 Hot #1 <b>Beef Enchilada Casserole</b> , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR Bean and Cheese Burritos (Spinach Wrap)</b>	7 Hot #1 <b>Broiled Hamburgers (Wheat Buns)</b> with Lettuce, Tomato, Roasted New Potatoes, Frozen Fruit Bars <b>OR Italian Sandwich on Wheat Bread</b>
10 Hot #1 <b>Chicken and Beef Sausage Jambalaya</b> , French Green beans, Baguette, Fresh Fruit <b>OR Tuna on Wheat Bread</b>	11 Hot #1 <b>BBQ Chicken</b> , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit <b>OR Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine &amp; Vinaigrette</b>	12 Hot #1 <b>Roasted Turkey with Gravy</b> , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit <b>OR Lamb Gyro</b>	13 Hot #1 <b>Brazilian Beef Tips and Tomatoes over Rice</b> Peas and Carrots, Tossed Salad, Wheat Baguette, Applesauce <b>OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</b>	14 School Holiday No School
17 Conferences No School	18 Hot #1 <b>Meatloaf</b> , Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit <b>OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</b>	19 Hot #1 <b>Wheat Penne with Bolognese Sauce, Basil, Mozzarella</b> , Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt <b>OR Turkey and Provolone Sandwich on Wheat Bread</b>	20 Hot #1 <b>Cheese Lasagna (Wheat Pasta)</b> , Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit <b>OR Grilled Chicken Caesar Salad</b>	21 Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b> , Green Beans and Corn, Caesar Salad, Frozen Fruit Bars <b>OR Italian Sandwich on Wheat Bread</b>
24 Hot #1 <b>Texas Turkey Melt (Wheat Bread)</b> , Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce <b>OR Tuna on Wheat Bread</b>	25 Hot #1 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Fresh Fruit <b>OR Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine &amp; Vinaigrette</b>	26 Hot #1 <b>Grilled Chicken with Hummus</b> , Carrot and Celery Sticks, Wheat Baguette Fresh Fruit <b>OR Hummus and Cucumber Spinach Wrap</b>	27 Hot #1 <b>Grilled Cheese (Wheat Bread) with Tomato Basil Soup</b> , Tossed Salad Italian Dressing, Wheat Baguette, Fresh Fruit <b>OR Grilled Chicken Fajita Salad</b>	28 Hot #1 <b>Beef Tacos</b> with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit <b>OR Grilled Chicken Salad Sandwich on Wheat Bread</b> (soft tacos for little's)

# MENU

Prices  
\$5.25

Guess Who's Coming to Dinner Caterers  
10729 Audelia Rd. Ste 107, Dallas TX 75218

214-340-0061  
[schools@gwctdc.com](mailto:schools@gwctdc.com)  
<http://gwctdcaterers.com>

# White Rock Montessori May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot #1 <b>Chicken Bowtie Wheat Pasta</b> with Diced Tomato and Basil Cream Sauce, Tossed Salad, Yogurt <b>OR</b> Turkey Hot Dogs on Wheat Buns	2 Hot #1 <b>Tilapia with Toasted Herbed Panko and a Light Dijon Cream</b> , Broccoli, Quinoa Salad, Wheat Baguette, Fresh Fruit <b>OR</b> Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing	3 Hot #1 <b>Chicken Scaloppini</b> Provencal, Brown Rice Pilaf, French Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> Roast Beef on Wheat Bread	4 Hot #1 <b>Beef Enchilada Casserole</b> , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit <b>OR</b> Bean and Cheese Burritos (Spinach Wrap)	5 Conferences No School
8 Hot #1 <b>Chicken and Beef Sausage Jambalaya</b> , French Green beans, Baguette, Fresh Fruit <b>OR</b> Tuna on Wheat Bread	9 Hot #1 <b>BBQ Chicken</b> , Broccoli Brown Rice Casserole, Cole Slaw, Wheat Baguette, Fresh Fruit <b>OR</b> Chef Salad-Turkey, Tomato, Carrots, Cheddar Cheese, Romaine & Vinaigrette	10 Hot #1 <b>Roasted Turkey with Gravy</b> , Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Lamb Gyro	11 Hot #1 <b>Brazilian Beef Tips and Tomatoes over Rice</b> Peas and Carrots, Tossed Salad, Wheat Baguette, Applesauce <b>OR</b> Turkey-Ham and Egg Quesadillas (Spinach Tortillas)	12 Hot #1 <b>Grilled Chicken</b> , Couscous Salad, Spinach Salad with Parmesan Dressing, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Salad on Wheat Bread
15 Hot #1 <b>Loaded Baked Potato</b> , Tossed Green Salad, Broccoli, Wheat Baguette, Fresh Fruit <b>OR</b> Asian Chicken Salad Wrap (Spinach Wrap)	16 Hot #1 <b>Meatloaf</b> , Cauliflower Gratin, Green Beans, Wheat Baguette, Fresh Fruit <b>OR</b> Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing	17 Hot #1 <b>Wheat Penne with Bolognese Sauce, Basil, Mozzarella</b> , Tossed Salad with Vinaigrette, Wheat Baguette, Yogurt <b>OR</b> Turkey and Provolone Sandwich on Wheat Bread	18 Hot #1 <b>Cheese Lasagna</b> (Wheat Pasta), Spinach Salad with Parmesan Ranch, Wheat Baguette, Fresh Fruit <b>OR</b> Grilled Chicken Caesar Salad	19 Hot #1 <b>Tomato Basil and Three-Cheese Pizza</b> , Green Beans and Corn, Caesar Salad, Frozen Fruit Bars <b>OR</b> Italian Sandwich on Wheat Bread
22 Hot #1 <b>Texas Turkey Melt</b> (Wheat Bread), Broccoli, Tossed Salad, Wheat Baguette, Apple Sauce <b>OR</b> Tuna on Wheat Bread	23 Hot #1 <b>Black Bean and Spinach Quesadilla</b> , Corn, Southwestern Slaw, Fresh Fruit <b>OR</b> Chef Salad - turkey, tomato, carrots, cheddar cheese, romaine & Vinaigrette	24 Hot #1 <b>Grilled Chicken with Hummus</b> , Carrot and Celery Sticks, Wheat Baguette Fresh Fruit <b>OR</b> Hummus and Cucumber Spinach Wrap LAST DAY	25	26
29	30	31		

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