

WHITE ROCK MONTESSORI

August 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| <i>First Day of School</i> 19 Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns | 20 Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing | 21 Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew, Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap | 22 Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap) | 23 Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap |
| 26 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro | 27 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce, Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad | 28 Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant | 29 Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | 30 Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Ratatouille Couscous, Caesar Salad, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap |

WHITE ROCK MONTESSORI

September 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| <p>2</p> <p>Labor Day Holiday</p> <p>NO SCHOOL</p> | <p>3</p> <p>Hot #1 Meatloaf Hot #2 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</p> | <p>4</p> <p>Hot #1 South African Chutney Chicken Hot #2 Veggie Rice with Egg Couscous, Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt OR Grilled Vegetable, Black Bean Hummus Wrap</p> | <p>5</p> <p>Hot #1 Loaded Tater Tots Hot #2 Gemelli Pasta with Marinara, Broccoli, Corn, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad</p> | <p>6</p> <p>Hot #1 Taco Rice Bowl Hot #2 Pasta Primavera Tossed Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread</p> |
| <p>9</p> <p>Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro</p> | <p>10</p> <p>Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos, Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad</p> | <p>11</p> <p>Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap</p> | <p>12</p> <p>Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra, Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad</p> | <p>13</p> <p>Hot #1 Beef Tacos Hot #2 Mushroom Veggie Spanish Rice, with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's)</p> |
| <p>16</p> <p>Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns</p> | <p>17</p> <p>Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</p> | <p>18</p> <p>Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap</p> | <p>19</p> <p>Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)</p> | <p>20</p> <p>Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap</p> |
| <p>23</p> <p>Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro</p> | <p>24</p> <p>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad</p> | <p>25</p> <p>Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant</p> | <p>26</p> <p>Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</p> | <p>27</p> <p>Fair Day</p> <p>NO SCHOOL</p> |
| <p>30</p> <p>Hot #1 Chicken Curry Hot #2 Lentil Mushroom Stew Peas and Carrots, Rice, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap)</p> | | | | |

WHITE ROCK MONTESSORI

October 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | 1 Hot #1 Meatloaf Hot #2 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing | 2 Hot #1 South African Chutney Chicken Hot #2 Veggie Rice with Egg Couscous , Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt OR Grilled Vegetable, Black Bean Hummus Wrap | 3 Hot #1 Loaded Tater Tots Hot #2 Gemelli Pasta with Marinara Broccoli, Corn, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad | 4 Hot #1 Taco Rice Bowl Hot #2 Pasta Primavera Tossed Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread |
| 7 Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla , Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro | 8 Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad | 9 Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap | 10 Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra , Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad | 11 Hot #1 Beef Tacos Hot #2 Mushroom Veggie Spanish Rice , with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's) |
| 14 Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns | 15 Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing | 16 Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap | 17 Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz , Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap) | 18 Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap |
| 21 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice) , Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro | 22 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad | 23 Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant | 24 Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | 25 Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Ratatouille Couscous , Caesar Salad, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap |
| 28 Hot #1 Chicken Curry Hot #2 Lentil Mushroom Stew Peas and Carrots, Rice, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap) | 29 Hot #1 Meatloaf Hot #2 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing | 30 Hot #1 South African Chutney Chicken Hot #2 Veggie Rice with Egg Couscous , Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt OR Grilled Vegetable, Black Bean Hummus Wrap | 31 Hot #1 Loaded Tater Tots Hot #2 Gemelli Pasta with Marinara , Broccoli, Corn, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad | |

WHITE ROCK MONTESSORI

November 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | | | | 1 Hot #1 Taco Rice Bowl Hot #2 Pasta Primavera Tossed Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread |
| 4 Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro | 5 Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad | 6 Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap | 7 Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra, Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad | 8 Parent/Teacher Conferences NO SCHOOL |
| 11 Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns | 12 Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing | 13 Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap | 14 Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap) | 15 Parent/Teacher Conferences NO SCHOOL |
| 18 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro | 19 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad | 20 Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant | 21 Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | 22 Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Ratatouille Couscous, Caesar Salad, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap |
| 25 Fall Break NO SCHOOL | 26 Fall Break NO SCHOOL | 27 Fall Break NO SCHOOL | 28 Fall Break NO SCHOOL | 29 Fall Break NO SCHOOL |

WHITE ROCK MONTESSORI

December 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>2</p> <p>Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro</p> | <p>3</p> <p>Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos, Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad</p> | <p>4</p> <p>Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap</p> | <p>5</p> <p>Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra, Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad</p> | <p>6</p> <p>Hot #1 Beef Tacos Hot #2 Mushroom Veggie Spanish Rice, with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's)</p> |
| <p>9</p> <p>Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns</p> | <p>10</p> <p>Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup, Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</p> | <p>11</p> <p>Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew, Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap</p> | <p>12</p> <p>Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)</p> | <p>13</p> <p>Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap</p> |
| <p>16</p> <p>Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro</p> | <p>17</p> <p>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad</p> | <p>18</p> <p>Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant</p> | <p>19</p> <p>Winter Break</p> <p>NO SCHOOL</p> | <p>20</p> <p>Winter Break</p> <p>NO SCHOOL</p> |
| <p>23</p> <p>Winter Break</p> <p>NO SCHOOL</p> | <p>24</p> <p>Winter Break</p> <p>NO SCHOOL</p> | <p>25</p> <p>Winter Break</p> <p>NO SCHOOL</p> | <p>26</p> <p>Winter Break</p> <p>NO SCHOOL</p> | <p>27</p> <p>Winter Break</p> <p>NO SCHOOL</p> |
| <p>30</p> <p>Winter Break</p> <p>NO SCHOOL</p> | <p>31</p> <p>Winter Break</p> <p>NO SCHOOL</p> | | | |

WHITE ROCK MONTESSORI

January 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| | | 1 | 2 | 3 |
| | | Winter Break NO SCHOOL | Winter Break NO SCHOOL | Winter Break NO SCHOOL |
| 6 | 7 | 8 | 9 | 10 |
| Staff Development NO SCHOOL | Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup, Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing | Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew, Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap | Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap) | Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap |
| 13 | 14 | 15 | 16 | 17 |
| Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro | Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad | Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant | Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Ratatouille Couscous, Caesar Salad, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap |
| 20 | 21 | 22 | 23 | 24 |
| MLK Day NO SCHOOL | Hot #1 Meatloaf Hot #2 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing | Hot #1 South African Chutney Chicken Hot #2 Veggie Rice with Egg Couscous, Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt OR Grilled Vegetable, Black Bean Hummus Wrap | Hot #1 Loaded Tater Tots Hot #2 Gemelli Pasta with Marinara Broccoli, Corn, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad | Hot #1 Taco Rice Bowl Hot #2 Pasta Primavera Tossed Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread |
| 27 | 28 | 29 | 30 | 31 |
| Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro | Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad | Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap | Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra, Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad | Hot #1 Beef Tacos Hot #2 Mushroom Veggie Spanish Rice, with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's) |

WHITE ROCK MONTESSORI

February 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>3</p> <p>Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns</p> | <p>4</p> <p>Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup, Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing</p> | <p>5</p> <p>Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap</p> | <p>6</p> <p>Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap)</p> | <p>7</p> <p>Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap</p> |
| <p>10</p> <p>Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro</p> | <p>11</p> <p>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad</p> | <p>12</p> <p>Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant</p> | <p>13</p> <p>Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas)</p> | <p>14</p> <p>Hot #1 Tomato Basil and Three- Cheese Pizza Hot #2 Ratatouille Couscous, Caesar Salad, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap</p> |
| <p>17</p> <p>President's Day</p> <p>NO SCHOOL</p> | <p>18</p> <p>Hot #1 Meatloaf Hot #2 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing</p> | <p>19</p> <p>Hot #1 South African Chutney Chicken Hot #2 Veggie Rice with Egg Couscous, Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt OR Grilled Vegetable, Black Bean Hummus Wrap</p> | <p>20</p> <p>Hot #1 Loaded Tater Tots Hot #2 Gemelli Pasta with Marinara Broccoli, Corn, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad</p> | <p>21</p> <p>Hot #1 Taco Rice Bowl Hot #2 Pasta Primavera Tossed Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread</p> |
| <p>24</p> <p>Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro</p> | <p>25</p> <p>Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad</p> | <p>26</p> <p>Hot #1 Tomato Basil and Three- Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap</p> | <p>27</p> <p>Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra, Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad</p> | <p>28</p> <p>Hot #1 Beef Tacos Hot #2 Mushroom Veggie Spanish Rice, with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's)</p> |

WHITE ROCK MONTESSORI

March 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 2 Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns | 3 Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup, Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing | 4 Hot #1 Chicken Scaloppini Provencal Hot #2 Lentil Stew, Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap | 5 Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap) | 6 Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap |
| 9 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro | 10 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad | 11 Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant | 12 Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | 13 AMS- "The Event" NO SCHOOL |
| 16 Spring Break NO SCHOOL | 17 Spring Break NO SCHOOL | 18 Spring Break NO SCHOOL | 19 Spring Break NO SCHOOL | 20 Spring Break NO SCHOOL |
| 23 Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro | 24 Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad | 25 Hot #1 Tomato Basil and Three- Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap | 26 Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra, Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad | 27 Hot #1 Beef Tacos Hot #2 Mushroom Veggie Spanish Rice, with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's) |
| 30 Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns | 31 Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup, Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing | | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| | | 1 Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew, Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap | 2 Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap) | 3 Hot #1 Broiled Hamburgers Hot #2 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Fresh Fruit OR Asian Chicken Salad Wrap |
| 6 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro | 7 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad | 8 Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant | 9 Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | 10 School Holiday NO SCHOOL |
| 13 Parent/Teacher Conferences NO SCHOOL | 14 Hot #1 Meatloaf Hot #2 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing | 15 Hot #1 South African Chutney Chicken Hot #2 Veggie Rice with Egg Couscous, Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt OR Grilled Vegetable, Black Bean Hummus Wrap | 16 Hot #1 Loaded Tater Tots Hot #2 Gemelli Pasta with Marinara Broccoli, Corn, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad | 17 Hot #1 Taco Rice Bowl Hot #2 Pasta Primavera Tossed Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread |
| 20 Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro | 21 Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos, Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad | 22 Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks, Wheat Bread, Fresh Fruit OR Hummus and Cucumber Spinach Wrap | 23 Hot #1 Chicken Volterra Hot #2 Wheat Spaghetti Sweet Potato, Zucchini Volterra, Peas & Carrots, Tossed Salad Italian Dressing, Wheat Bread, Fresh Fruit OR Grilled Chicken Fajita Salad | 24 Hot #1 Beef Tacos Hot #2 Mushroom Veggie Spanish Rice, with Lettuce, Tomato, Spanish Brown Rice, Beans, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap (soft Wheat Tortillas for little's) |
| 27 Hot #1 BBQ Chicken Hot #2 Ratatouille, Couscous Broccoli Brown Rice Casserole, Cole Slaw, Wheat Bread, Yogurt OR Turkey Hot Dogs on Wheat Buns | 28 Hot #1 Beef Picadillo over Rice Hot #2 Grilled Cheese with Tomato Basil Soup Tossed Salad, Wheat Bread, Fresh Fruit OR Greek Salad with Grilled Chicken, Feta Cucumber, Tomato, and Greek Dressing | 29 Hot #1 Chicken Scaloppini Provençal Hot #2 Lentil Stew Mashed Potatoes, French Green Beans, Wheat Bread, Apple Sauce OR Grilled Vegetable, Black Bean Hummus Wrap | 30 Hot #1 Chicken Mole Hot #2 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Brown Rice, Fresh Fruit OR Bean and Cheese Burritos (Spinach Wrap) | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | | | 1 |
| | | | | Parent/Teacher Conferences NO SCHOOL |
| <i>MS Adventure Trip</i> 4 Hot #1 Chicken and Beef Sausage Jambalaya (Brown Rice), Hot #2 Vegetable Paella French Green beans, Wheat Bread, Fresh Fruit OR Lamb Gyro | <i>MS Adventure Trip</i> 5 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Bowtie Pasta with Vegetables, Basil Cream Sauce Tossed Green Salad, Corn, Wheat Bread, Fresh Fruit OR Tossed Asian Salad | <i>MS Adventure Trip</i> 6 Hot #1 Roasted Turkey with Gravy Hot #2 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Wheat Bread, Fresh Fruit OR Tuna on Croissant | <i>MS Adventure Trip</i> 7 Hot #1 Fish Sticks Hot #2 Mushroom Vegetable Spaghetti Peas and Carrots, Tossed Salad, Wheat Bread, Applesauce OR Turkey-Ham and Egg Quesadillas (Spinach Tortillas) | <i>MS Adventure Trip</i> 8 Hot #1 Tomato Basil and Three-Cheese Pizza Hot #2 Ratatouille Couscous, Caesar Salad, Fresh Fruit OR Grilled Vegetable Beet Hummus Wrap |
| 11 | 12 | 13 | 14 | 15 |
| Hot #1 Chicken Curry Hot #2 Lentil Mushroom Stew Peas and Carrots, Rice, Wheat Bread, Fresh Fruit OR Asian Chicken Salad Wrap (Spinach Wrap) | Hot #1 Meatloaf Hot #2 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Wheat Bread, Fresh Fruit OR Greek Salad with Chicken Feta Cucumber, Tomato, and Greek Dressing | Hot #1 South African Chutney Chicken Hot #2 Veggie Rice with Egg Couscous, Tossed Salad with Parmesan Ranch, Wheat Bread, Yogurt OR Grilled Vegetable, Black Bean Hummus Wrap | Hot #1 Loaded Tater Tots Hot #2 Gemelli Pasta with Marinara, Broccoli, Corn, Wheat Bread, Fresh Fruit OR Grilled Chicken Caesar Salad | Hot #1 Taco Rice Bowl Hot #2 Pasta Primavera Tossed Salad, Fresh Fruit OR Italian Sandwich on Wheat Bread |
| 18 | 19 | 20 | 21 | 22 |
| Hot #1 Chicken Quesadilla Hot #2 Black Bean and Spinach Quesadilla, Corn, Southwestern Slaw, Apple Sauce OR Lamb Gyro | <i>Last Day for Primary</i> Hot #1 Braised Spinach and Chicken Sausage Hot #2 Lentil Tacos, Brown Rice, Tossed Salad, Fresh Fruit OR Tossed Asian Salad | <i>Last Day of School</i> Early Release NO LUNCH | | |
| 25 | 26 | 27 | 28 | 29 |
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