

Global Montessori Academy

May Lunch Menu ~ Flexitarian

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5					
Spaghetti with Marinara Mixed Vegetables Fresh Fruit	Beef, Bean & Cheese Burritos Spanish Rice & Black Beans Fresh Fruit	Grilled Cheese Sandwiches Cream of Tomato Soup Fresh Fruit	Meatloaf with Sweet Tomato Glaze Mashed Potatoes Green Beans	French Toast Casserole Cheesy Scrambled Eggs Fresh Fruit					
Trail Mix & Melon	Warm Pita & Hummus	Cheese Cubes & Pretzels	Raisin Bread & Apple Butter	Bagels & Cream Cheese					
8	9	10	11	12					
Three Cheese Pizza Peas & Carrots Fresh Fruit	Cheese Enchiladas Rice & Pinto Beans Fresh Fruit	Teriyaki Chicken Steamed Rice Stir-fried Vegetables	Pasta Primavera with Grilled Veggies Breadsticks Fresh Fruit	Cheeseburgers Lettuce, Tomato, and Pickles Fresh Fruit					
Yogurt & Chocolate Chip Muffins	Pretzels & Oranges	Crackers & Fresh Fruit	Banana Bread	Fresh Veggies with Dip					
15	16	17	18	19					
Sweet 'n' Sour Chicken Steamed Rice Broccoli & Pineapple	Crunchy Tacos Lettuce, Salsa, and Cheese Beans & Rice Fresh Fruit Salad	Veg-head Chili Three Melon Salad Cornbread	Spaghetti & Meatballs Wheatberry Rolls Tossed Salad	Scrambled Eggs Hashbrown Casserole Fresh Fruit					
Cheese Cubes & Pretzels	Spinach Dip & Pita Chips	Crackers & Fresh Fruit	Yogurt & Granola	Macv					
22	23	24	25	26					
Macaroni & Cheese Carrots & Celery Sticks Fresh Fruit	Grilled Stuffed Burritos Cheesy Pintos & Rice Fresh Fruit	Cheese Tortellini & Marinara Breadsticks Fresh Fruit	Chicken & Broccoli Casserole Fresh Fruit Cranberry Muffins	Lasagna Tossed Salad Fresh Fruit					
Trail Mix & Melon	Warm Pita & Hummus	Coffee Cake	Applesauce & Pretzels	Bagels & Cream Cheese					