

# JANUARY 2019

## MONTESSORI KIDS UNIVERSE – SUGAR LAND

Lunches Provided By:  
 Roadrunner Foods  
 (p) 281-565-7902  
 (f) 281-565-7904  
 RoadrunnerFoodService.com

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

Ground Beef Soft Taco w/ Shredded Monterey Jack Cheese  
 Spanish Rice  
 Seasonal Fresh Fruit

V: Beans & Cheese Roll-Ups

2

Grilled Chicken Teriyaki Fried Rice w/ Mixed Veggies  
 What Roll  
 Seasonal Fresh Fruit

V: Teriyaki Fried Rice w/ Veggie "Chicken"

3

Oven Baked Cheese Pizza  
 Crinkle Cut Carrots  
 Cinnamon Baked Apples

4

7

Oven Baked Chicken Nuggets  
 Mashed Potatoes  
 Seasonal Fresh Fruit

V: Veggie Nuggets

8

Grilled Cheese  
 Sweet Peas  
 Seasonal Fresh Fruit

9

Penne Pasta w/ Beef Bolognese & Fresh Parmesan  
 Mixed Veggies  
 Seasonal Fresh Fruit

V: Penne Pasta w/ Marinara Sauce

10

BBQ Chicken Sandwich  
 California Veggie Blend  
 Seasonal Fresh Fruit

V: Cheese Broccoli & Rice Casserole

11

Oven Baked Cheese Pizza  
 Buttered Corn  
 Cinnamon Baked Apples

14

Fettucine Pasta w/ Grilled Chicken in a Lemon Butter Sauce  
 Oven Roasted Baby Carrots  
 Seasonal Fresh Fruit

V: Fettucine in a Lemon Butter Sauce w/ Veggie "Chicken"

15

Ground Beef Sloppy Joes  
 Shoe String Fries  
 Seasonal Fresh Fruit

V: Sloppy Joe w/ Veggie "Meat"

16

Chicken & Cheese Quesadillas  
 Refried Beans  
 Seasonal Fresh Fruit

V: Cheese Quesadillas

17

Turkey & Cheddar Hoagies  
 Italian Pasta Salad w/ Fresh Tomatoes, Celery and Parmesan  
 Seasonal Fresh Fruit

V: Sunbutter & Jelly Sandwich

18

Oven Baked Cheese Pizza  
 Sweet Peas  
 Cinnamon Baked Apples

21

Mac & Cheese w/ Grilled Chicken  
 Crinkle Cut Carrots  
 Seasonal Fresh Fruit

V: Macaroni & Cheese

22

Beef Cheeseburger on a Whole Wheat Bun  
 Sweet Potato Fries  
 Seasonal Fresh Fruit

V: Veggie Burger

23

Oven Baked Chicken Nuggets  
 Potatoes Au Gratin  
 Seasonal Fresh Fruit

V: Veggie Nuggets

24

Oven Baked Cheese Pizza  
 Green Beans  
 Cinnamon Baked Apples

28

Turkey & Cheddar Melt  
 Roasted Red Potatoes  
 Seasonal Fresh Fruit

V: Grilled Cheese

29

Chicken Fajita Tacos  
 Spanish Rice  
 Seasonal Fresh Fruit

V: Cheese Quesadilla

30

Spaghetti w/ Beef Meatballs  
 Parmesan Crusted Cauliflower  
 Seasonal Fresh Fruit

V: Spaghetti w/ Marinara Sauce

31

BBQ Chicken Sandwich  
 Mac & Cheese  
 Seasonal Fresh Fruit

V: Cheese Broccoli & Rice Casserole

### DAILY SNACK ITEMS

**MON:** A.M. Cheerios / P.M. Fresh Cut Fruit

**TUES:** Apple Sauce / P.M. Fresh Cut Fruit

**WED:** A.M. Bananas / P.M. Veggie Sticks

**THURS:** A.M. Strawberry Banana Apple Sauce / P.M. Cheese Sticks

**FRI:** A.M. Strawberry Yogurt / P.M. Vanilla Wafers