



Montessori Kids Universe - Katy School Menu September--2021

Snack Menu

Morning Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Organic Cereal	Buttery Croissant	Blueberry & Banana Smoothie	House Baked Scones	House Baked Oatmeal Cinnamon Muffin

Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday
House Baked Zucchini Bread	Vanilla Yogurt Parfait with Fresh Berries	House Made Roasted Red Pepper Hummus with Naan Bread & Baby Carrots	Rice Pudding with Cinnamon & Blueberries	Turkey & Cheese Pinwheels

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30-Aug	31-Aug	1-Sep	2-Sep	3-Sep
		Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit V-Vegetable Baked Ziti with Grilled Tofu	Turkey Chili with Cheddar Cheese, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit V-TVP Chili with Black Beans & Cheddar Cheese	Breakfast for Lunch: Eggs, Turkey Sausage, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit V-Breakfast for Lunch: Eggs, Veggie Sausage, Pancakes
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
SCHOOL CLOSED	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit V-Assorted Cheese Wrap	Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Grilled Tofu Nuggets	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit V-Vegetarian Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
Chicken Enchilada Casserole, Black Beans, Steamed Rice, Fresh Cut Fruit V-Cheese Enchilada Casserole	Grilled Turkey and Cheddar Sandwich, Sweet Potato Tots, Steamed Broccoli, Fresh Cut Fruit V-Grilled Tofu and Cheddar Sandwich	Pasta Primavera with Turkey Sausage, Oven Roasted Zucchini, Fresh Cut Fruit V-Pasta Primavera with Veggie Sausage	Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit V-Broccoli, Cauliflower & Cheese Casserole with Grilled Tofu	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit V-Baked Cheese Sticks and Waffles
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
Grassfed Beef Sloppy Joe Slider, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit V-Boca Sloppy Joe Slider	Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit V-Cheese Quesadillas	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce	Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Oven Roasted Carrots, Fresh Cut Fruit V-Grilled Tofu	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit V-Macaroni and Cheese with Grilled Tofu	Turkey and Cheese Wrap, Sliced Cucumbers, Vanilla Yogurt, Fresh Cut Fruit V-Assorted Cheese Wrap	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit V-Eggplant Parmesan	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit V-Fried Rice with Grilled Tofu, Carrots & Lima Beans	