

Lunch orders must be placed through Lunch Direct by Wednesday for the following week.

# JANUARY 2019

## MONTESSORI HOUSE

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

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

7

Oven Baked Chicken Tenders  
Mashed Potatoes  
Organic Green Beans  
Organic Seasonal Fresh Fruit

V: Veggie Nuggets

8

Parmesan Crusted Tilapia over Steamed White Rice  
Organic Sweet Peas  
Toasted Pita Bread  
Organic Seasonal Fresh Fruit

V: Grilled Cheese

9

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

V: Penne Pasta w/ Marinara Sauce

10

Oven Baked Chicken legs  
Stuffing  
Organic California Veggie Blend  
Organic Seasonal Fresh Fruit

V: Cheese Broccoli & Rice Casserole

11

Oven Baked Cheese Pizza  
Mixed Greens Salad w/ Ranch  
Organic Seasonal Fresh Fruit

14

Fettucine Alfredo w/ Grilled Chicken  
Organic Oven Roasted Baby Carrots  
Wheat Roll  
Organic Seasonal Fresh Fruit

V: Fettucine Alfredo

15

Ground Beef Sloppy Joes  
Shoe String Fries  
Organic Green Beans  
Organic Seasonal Fresh Fruit

V: Sloppy Joe w/ Veggie "Meat"

16

Chicken & Cheese Quesadillas  
Spanish Rice  
Refried Beans  
Organic Seasonal Fresh Fruit

V: Cheese Quesadillas

17

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

V: Sunbutter & Jelly Sandwich

18

Oven Baked Cheese Pizza  
Mixed Greens Salad w/ Ranch  
Organic Seasonal Fresh Fruit

21

Parmesan Crusted Tilapia over Mashed Potatoes  
Organic Buttered Corn  
Wheat Roll  
Organic Seasonal Fresh Fruit

V: Grilled Cheese

22

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

V: Macaroni & Cheese

23

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

V: Veggie Burger

24

Oven Baked Chicken Tenders  
Potatoes Au Gratin  
Organic Sweet Peas  
Organic Seasonal Fresh Fruit

V: Veggie Nuggets

25

Oven Baked Cheese Pizza  
Mixed Greens Salad w/ Ranch  
Organic Seasonal Fresh Fruit

28

Buttermilk Pancakes w/ Jelly  
Hash Browns  
Turkey Sausage Patty  
Organic Seasonal Fresh Fruit

V: Veggie Sausage Patty

29

Chicken Fajita Tacos  
Spanish Rice  
Pinto & Black Bean Mix  
Organic Seasonal Fresh Fruit

V: Cheese Quesadilla

30

Spaghetti w/ Beef Meatballs  
Organic Parmesan Crusted Cauliflower  
Wheat Roll  
Organic Seasonal Fresh Fruit

V: Spaghetti w/ Marinara Sauce

31

BBQ Baked Chicken legs  
Mac & Cheese  
Organic Sweet Peas  
Organic Seasonal Fresh Fruit

V: Cheese Broccoli & Rice Casserole

**SIGN UP NOW TO ORDER SCHOOL LUNCHES!**

[WWW.LUNCHDIRECT.COM](http://WWW.LUNCHDIRECT.COM)

SCHOOL CODE: **206250**

**\*\*\*NEW ALTERNATIVE MENU\*\*\***

Each day your child will get a choice between two alternative entrées. Either **A: Grilled Cheese** or **B: Toasted Turkey & Cheese Sandwich**.

These alternative items will replace the entrée for the day; all sides will remain the same.

\*\*\*Organic vegetables & fruit are subject to change due to quality, freshness, and availability. All substitutes will remain organic