



July Lunch Menu

Belltower Montessori Academy



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Fettuccine Pasta with Green Beans	2 Beef Taquitos with Corn	3 
		Bagel and Cream Cheese	Cheese & Saltines	
6 Turkey and Cream Cheese Pinwheels with Cucumbers	7 Ham Quesadilla with Corn	8 Orange Chicken with Rice and Bell Peppers	9 Beef and Cheese with Pasta with Broccoli	10 Grilled Cheese Sandwich with Tomato Soup
Raisins and Wheat Thins	Banana Muffins	Pita Bread & Apples	Peaches & Ritz	Apple Sauce & Crackers
13 Cook's Choice	14 Sausage and Potatoes with Green Beans	15 Chicken Teriyaki Bowls with Mixed Vegetables	16 Beef and Cheese Burrito with Corn	17 Noodle Stir-fry with Broccoli
Yogurt & Graham Crackers	Goldfish and String Cheese	Blueberry Muffins	Bagels with Cream Cheese	Cheerios and Bananas
20 Ground Turkey Italian Rice Skillet with Mixed Veggies	21 Creamy Ham Pasta with Peas	22 Shredded Chicken Tacos with Corn	23 Beef Lasagna with Green Beans	24 Cheese Quesadillas with Carrots
String Cheese & Raisins	Pineapple Tidbits & Ritz	Strawberry Muffins	Apples and Graham Crackers	Pita Bread & Hummus
27 Turkey and Cheese English Muffin Pizza with Bell Peppers	28 Cook's Choice	29 BBQ Chicken and Mashed Potatoes with Peas & Carrots	30 Ground Beef and Cheese Sliders with Cucumbers	31 Macaroni and Cheese with Celery
Pretzels and Cheese Slices	Bagels with Cream Cheese	Banana & Graham Crackers	Yogurt & Apples	Orange wedges and Goldfish

