



July Lunch Menu

Pacific Coast Montessori Academy



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sauteed Ham and Noodles with Peas and Carrots	2 Chicken Fettuccine Pasta with Green Beans	3 Beef Sloppy Joes with Corn	4 
	Banana & Graham Crackers	Craisins & Wheat Thins	Cheese & Saltines	
7 Turkey and Broccoli Stir-fry over Rice	8 Ham Quesadilla with Corn	9 Indian Butter Chicken with Green Beans	10 Spaghetti and Meatballs with Mixed Veggies	11 Bean and Cheese Burritos with Carrots
Bagels and Cream Cheese	Banana Muffins	Pita Bread & Apples	Pineapple Tidbits & Ritz	Apple Sauce & Crackers
14 Cook's Choice	15 Sausage and Potatoes with Green Beans	16 Chicken Teriyaki with Mixed Vegetables	17 Beef and Cheese Burrito with Corn	18 Noodle Stir-fry with Broccoli
Yogurt & Graham Crackers	Cheese & Saltines	Blueberry Muffins	Bagels with Cream Cheese	Craisins & Wheat Thins
21 Turkey and Cheese Wrap with Bell Peppers	22 Creamy Ham Pasta with Mixed Vegetables	23 Shredded Chicken Tacos with Corn	24 Beef Slider with Carrots	25 Baked Ziti with Green Beans
String Cheese & Raisins	Pineapple Tidbits & Ritz	Apple Sauce & Animal Crackers	Apple Cinnamon Muffins	Pita Bread & Apples
28 Hot Turkey Cheese Melt with Carrots	29 Cook's Choice	30 BBQ Chicken and Mashed Potatoes with Peas and Carrots	31 Teriyaki Meatballs over Rice with Broccoli	
Strawberry Muffins	Bagels with Cream Cheese	Banana & Graham Crackers	Yogurt & Apples	

