



July Lunch Menu

Pacific Coast Montessori Academy



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| | 1 Sautéed 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 | 31 BBQ Chicken and Mashed Potatoes with Broccoli | | |
| Strawberry Muffins | Bagels with Cream Cheese | Banana & Graham Crackers | | |

