



Chef Cyndi's August Menu 2020



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 AM: Applesauce & Goldfish Sweet Corn Black Bean & Rice Bowl Fresh Fruit/Milk Watermelon/Gram Crac.	4 AM: Granola & Milk Steamed Broccoli Chicken Tempura Nuggets Sweet Potato Fries Fresh Fruit/Milk Veggie Chips & Humus	5 AM: Cucumbers & Cheese Beans & Franks (turkey) Corn Bread Muffins Fresh Fruit/Milk Snap Peas & Flat Bread	6 AM: Sliced Peaches & Crispix Green Beans BBQ Meatballs (beef) Red Potato Salad Fresh Fruit/Milk Soybutter & Bananas	7 AM: Pineapple/Cornflakes San Fran Blend Veggies Chicken Fettuccini Alfredo Fresh Fruit/Milk Carrot&Raisin Salad/ Greek yogurt
10 AM: Cereal Mix & Milk Mixed Veggies Cheese Ravioli Fresh Fruit/Milk Jicama Sticks & Hummus	11 AM: Cereal Bars/Gr. Yogurt Chicken Fajitas w/ veggies Spanish Rice Fresh Fruit/Milk Broccoli & Apple Salad	12 AM: Sliced Ham & Cheezits Peas & Carrots Tuna Casserole/Hawaiian Rolls Fresh Fruit/Milk Hardboiled Egg/Cucumber	13 AM: Edamame /Pretzel Fish Tossed Salad & Potato Rolls Shepherds Pie (beef) Fresh Fruit/Milk Turkey & Cheese Cubes	14 AM: Cantaloupe & Cheezits Stir Fry Veggies, Brown Rice Orange Chicken Fresh Fruit/Milk Man.Oranges/Goldfish
17 AM: Granola, Cran. & Milk CA Blend Veggies Mac & Cheese Fresh Fruit/Milk Sliced Pears/Cubed Cheese	18 AM: Raisin Bran & Milk Sweet Corn, Corn Fritters Corn Dogs (chicken) Fresh Fruit/Milk Jell-O & Fruit	19 AM: Edamame & Flat Bread Tossed Green Salad Veggie Lasagna Fresh Fruit/Milk Cran.Org.Muffin & Milk	20 AM: Pineapple & Crispix Chinese Chicken Salad w/ Chow Mein Noodles Fresh Fruit/Milk Jicama Salad	21 AM: Tuna Salad/Cucumber Steamed Broccoli Turkey Chili w/ brown rice Fresh Fruit/Milk Apples & Soybutter
24 AM: Snap Peas & Cheese Scrambled Eggs Waffles Fresh Fruit/Milk Soft Pretzels/Cr.Cheese	25 AM: Man.Org./Cereal Bars Sweet Corn Mexican Beef Bowl Fresh Fruit/Milk Strawberries/Gram.Crac.	26 AM: Snack Mix & Milk Tossed Salad Chicken Pot Pie Fresh Fruit/Milk Egg Salad & Cheezits	27 AM: Apples & CreamCheese Mixed Veggies Hamburger (beef) Mac&Cheese Fresh Fruit/Milk Sliced Zucchini/Goldfish	28 AM: Cucumbers & Hummus CA Blend Veggies Baked Ziti w/bow tie pasta Fresh Fruit/Milk Chicken Pot Stickers
31 Maria Montessori's Birthday AM: Yogurt & Granola Quinoa Fried Rice w/ veg. Tofu Nuggets Fresh Fruit/Milk Birthday Muffins-Happy 150!	September 1	2	3	4 Montessori Schools of Irvine CLOSED for Staff Development