

# Happy Days Montessori

Child Development Center

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## Lunch Menu For the Month Of July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Tuna (1.5 Oz) Sandwich. Steamed Carrots Vegetable & Rice Soup.	<b>3</b> Fish Sticks (1.5 Oz). Spanish Rice Lentil Potato Soup	<b>4</b> Independence Day	<b>5</b> Turkey (1.5 Oz) Sandwich. Green Salad with Dressing. Minestrone Soup.	<b>6</b> Cheese Quesadilla Mix Vegetables Bean Soup.
<b>9</b> Hummus Sandwich Steamed Corn Minestrone Soup.	<b>10</b> Cheese Pizza Broccoli Noodle & Veg. Soup.	<b>11</b> Diced Chicken Breasts Brown Rice & Yellow Lentil Lentil Potato Soup	<b>12</b> Grilled Cheese (1.5 Oz) Sandwich. Peas & carrots Bean Soup.	<b>13</b> Cheese Fettuccini Steamed Carrots Split Peas Soup
<b>16</b> Cream Cheese (1.5 Oz) Sandwich. Vegetable Blend Broccoli Soup	<b>17</b> Chicken Nugget (1.5 Oz). Spanish Rice Bean Soup.	<b>18</b> Cheese Ravioli Peas & carrots Tomato Rice Soup.	<b>19</b> Eggs (1.5 Oz) Sandwich. Broccoli Minestrone Soup.	<b>20</b> Cheese Quesadilla Steamed Corn Lentil Potato Soup
<b>23</b> Turkey (1.5 Oz) Sandwich. Steamed Corn Tomato noodle Soup.	<b>24</b> Chicken Salad Broccoli Vegetable & Rice Soup.	<b>25</b> Spaghetti & Turkey Meat Sauce Broccoli Vegetable & Rice Soup.	<b>26</b> Tuna (1.5 Oz) Sandwich. Green Salad with Tahini Bean Soup.	<b>27</b> Beans Taco Peas & carrots Broccoli Soup
<b>30</b> Hummus Sandwich Cabbage Salad Tomato Rice Soup.	<b>31</b> Breaded Chicken Breasts Potato Hash Brown Bean Soup.			

Notes: 1) Each child is served 0.75 cup of milk with the meal.

2) The Menu is subject to changes as needed. Occasionally, we may need substitute items with others of similar nutritional values.

**Vegetarian Lunch Menu For the Month Of  
July 2018**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> Hummus Sandwich Steamed Carrots Vegetable & Rice Soup.	<b>3</b> Fresh Pinto Beans Spanish Rice Lentil Potato Soup	<b>4</b> Independence Day	<b>5</b> Veggie Wings Green Salad with Dressing. Minestrone Soup.	<b>6</b> Cheese Quesadilla Mix Vegetables Bean Soup.
<b>9</b> Veggie Eggroll Steamed Corn Tomato noodle Soup.	<b>10</b> Cheese Pizza Broccoli Noodle & Veg. Soup.	<b>11</b> Steamed Garbanzo Beans Brown Rice & Yellow Lentil Lentil Potato Soup	<b>12</b> Grilled Cheese (1.5 Oz) Sandwich. Peas & carrots Bean Soup.	<b>13</b> Cheese Fettuccini Steamed Carrots Split Peas Soup
<b>16</b> Cream Cheese (1.5 Oz) Sandwich. Vegetable Blend Broccoli Soup	<b>17</b> Lentil Spanish Rice Bean Soup.	<b>18</b> Cheese Ravioli Peas & carrots Tomato Rice Soup.	<b>19</b> Hummus Sandwich Broccoli Minestrone Soup.	<b>20</b> Cheese Quesadilla Steamed Corn Lentil Potato Soup
<b>23</b> Grilled Cheese (1.5 Oz) Sandwich. Steamed Corn Minestrone Soup.	<b>24</b> Cheese Pasta Marinara Broccoli Vegetable & Rice Soup.	<b>25</b> Spaghetti Marinara Broccoli Vegetable & Rice Soup.	<b>26</b> Grilled Cheese (1.5 Oz) Sandwich. Green Salad with Tahini Bean Soup.	<b>27</b> Beans Taco Peas & carrots Broccoli Soup
<b>30</b> Hummus Sandwich Green Salad with Dressing. Tomato Rice Soup.	<b>31</b> Veggie Nuggets Potato Hash Brown Bean Soup.			

**Notes: 1) Each child is served 0.75 cup of milk with the meal.**

**2) The Menu is subject to changes as needed. Occasionally, we may need substitute items with others of similar nutritional values.**