

December

2019

Athena Montessori Academy

Lunch

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 1 | 2 Turkey chili GF DF Corn bread GF DF V roasted veggies GF DF V veggie chili GF DF V fruit | 3 Taco Tuesday chicken DF black beans & rice GF DF V fruit | 4 Cheese Pizza Veggie Salad Fruit | 5 Brisket GF DF Whole wheat roll Veggie salad GF DF V fruit | 6 Sloppy Joes w/ pickles, corn on the cob GF DF V green beans GF DF V fruit, tofu Sloppy Joes GF DF V | 7 |
| 8 | 9 Grilled cheese chicken noodle soup carrots and celery with Ranch GF DF V fruit | 10 Taco Tuesday Turkey DF black beans & rice GF DF V fruit | 11 Cheese Pizza Veggie Salad Fruit | 12 Chicken with waffles carrots and celery with Ranch GF DF V Tofu and waffles GF DF V Fruit | 13 Hamburgers with fixins, tater tots GF DF V fruit veggie burgers GF DF V | 14 |
| 15 | 16 Migas GF DF flour tortillas refried beans GF DF V Veggie salad GF DF V fruit | 17 Taco Tuesday Beef DF black beans & rice GF DF V fruit | 18 Cheese Pizza Veggie Salad Fruit | 19 Fish Sticks Mac & Cheese Green Beans GF,DF,V Fruit GF,DF,V | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |
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