

# February

2020

## Athena Montessori Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Chicken (Tempeh) Sliders Sweet Potato Fries – V Carrots – V, GF, DF Fruit – V, GF, DF	4 Taco Tuesday GF, DF beef & Vegan option Beans & rice GF, DF V fruit	5 Pizza Salad V, GF, DF Fruit V, GF, DF	6 Chicken Stir Fry, (Tofu) – GF, DF Egg rolls - Rice – DF, V Fruit, DF, GF, V	7 Cheese Tortellini GF pasta available V Garlic Breadsticks v Peas V, GF, DF Fruit V, GF, DF	8
9	10 Turkey (TVP) Sloppy Joes Tater Tots GF, DF, V Broccoli V, GF, DF Fruit	11 Bean/Cheese Quesadilla Rice – V, GF Corn, DF, GF, V Fruit – V, GF, DF	12 Pizza Salad V, GF, DF Fruit V, GF, DF	13 Baked Chicken (Tempeh) GF DF Buttered Noodle V, Green Beans V, GF, DF Fruit V, GF, DF	14 Fish Sticks Mac & Cheese V Cauliflower V, GF, DF Mixed Fruit V, GF, DF	15
16	17 No School President's Day	18 Enchilada Pie GF Rice – V, GF, DF Corn – V, GF, DF Fruit – V, GF, DF	19 Pizza Salad V, GF, DF Fruit V, GF, DF	20 Chicken Alfredo (Tofu) Garlic Bread Sticks, V Peas – V, GF, DF Fruit – V, GF, DF	21 Pot stickers (veg) Riced Cauliflower V, GF, DF Bok Choy V, GF, DF Fruit V, GF, DF	22
23	24 Hamburgers (Boca) w/fixins French Fries Peas/ Carrots V, GF, DF Fruit V, GF, DF	25 Taco Tuesday GF, DF Chicken & Vegan option Beans & rice GF, DF V fruit	26 Pizza Salad V, GF, DF Fruit V, GF, DF	27 Pierogi's (Potato & Cheese) Zucchini Spirals GF, DF, V Cucumber Salad- V, GF, DF Fruit V, GF, DF	28 Sausage Rolls (field roast) Baked Beans V, GF, DF Green Salad V, GF, DF Fruit V, GF, DF	29
	Vegetarian Vegan options: Boca Burgers, Tofu, Tempeh, Vegetable, TVP	<ul style="list-style-type: none"> <li>Gluten free pasta &amp; Breads available</li> </ul>				