

Sikora Montessori



Lunch Menu

Week A

Monday

Chicken Tenders
Tator Tots
Broccoli
Fruit

Tuesday

Cheese Stuffed
Ravioli w/
marinara
Green Beans
Fruit

Wednesday

Cheese Quesadilla
Brown Rice
Cooked Spinach
Fruit

Thursday

Pizza
Salad
w/ ranch dressing
Fruit

Friday

Fish Shapes
Cauliflower
w/ cheese
Fruit

Week B

Monday

Chicken Rice
Casserole
w/ Peas and
Carrots
Fruit

Tuesday

Turkey &
Cheese Wraps
Sliced Cucumbers
Fruit

Wednesday

Grilled Chicken
Strips
Brown Rice
Carrots
Fruit

Thursday

Meat Lasagna
Green Beans
Dinner Roll
Fruit

Friday

Cheese Pizza
Salad
w/ ranch dressing
Fruit

Week C

Monday

Meatloaf
Mashed Potatoes
Mixed Vegetables
Fruit

Tuesday

Chicken Tenders
Tater Tots
Celery Stick
w/ ranch
Fruit

Wednesday

Penne Pasta
w/ marinara
Meatballs
Broccoli
Fruit

Thursday

Pizza
Salad
w/ ranch dressing
Fruit

Friday

Cheese Quesadilla
Refried Beans
Beets
Fruit

Week D

Monday

Hot Turkey
Mashed Potatoes
Gravy
Peas
Cranberry

Tuesday

Grilled Chicken
Butter Noodles
Green Beans
Fruit

Wednesday

Turkey Wrap
w/ hummus
Carrot Stick
w/ ranch

Thursday

Hot Dog
Bun
Tater Tots
Garbanzo Beans
Fruit

Friday

Pizza
Salad
w/ ranch dressing
Fruit

Updated 8/22/2022