




FOUNDED 1970

THE NEWSCHOOL MONTESSORI

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <i>Breakfast for Lunch</i> <i>French Toast Bake</i> <i>Breakfast Sausage</i> <i>Eggs 'n' Cheese</i> <i>Oatmeal Cookie</i>
4 <i>Chicken Nuggets</i> <i>Veg "Chix" Nuggets</i> <i>Garlic Potatoes</i> <i>Sweet Corn</i> <i>Broccoli Apple Salad</i>	5 <i>Toasted Cheese Sandwich</i> <i>Tomato Soup</i> <i>Broccoli Rice Bake</i> <i>Tuna Salad</i>	6 <i>Baked Tilapia</i> <i>Panko Crusted Tofu</i> <i>Sweet Potato Mash</i> <i>Roasted Romas</i> <i>Quinoa Salad</i>	7 <i>Taco Treasure</i> <i>Blackened Chicken</i> <i>Fajita Veggies</i> <i>Refried Beans</i> <i>Fiesta of Fixin's</i>	8 <i>Chef for a Day</i> <i>Congratulations !! ELEANOR !!</i>
11 <i>Cincy-Style Turkey or Lentil Chili 3-Way</i> <i>Oyster Crackers</i> <i>Roasted Asparagus</i> <i>Greek Salad</i>	12 <i>Chicken Curry</i> <i>Paneer Makhani</i> <i>Green Curry Veggies</i> <i>Basmati Rice</i> <i>Sweet Peas</i>	13 <i>Stuff the Pita</i> <i>Baked Falafel</i> <i>Tuna, Egg and Cheese</i> <i>Lentil Dahl Soup</i> <i>Orzo Pasta Salad</i>	14 <i>Persuasive Pasta</i> <i>Penne or Bowtie</i> <i>Baked Ravioli</i> <i>Roasted Brussels</i> <i>Marinated Mushrooms</i>	15 NO SCHOOL Staff Development
18 NO SCHOOL Presidents' Day	19 <i>Bangers 'n' Mash</i> <i>Veggie Sausage</i> <i>Green Beans</i> <i>Dijon Coleslaw</i> <i>Applesauce</i>	20 <i>Cheddar Turnovers</i> <i>Alphabet Soup</i> <i>Steamed Edamame</i> <i>Chicken Salad</i> <i>Pesto Pasta</i>	21 <i>Triumphant Tacos</i> <i>Jerk Tofu Quesadilla</i> <i>Chipotle Salsa</i> <i>Refried Beans</i> <i>Fixin's Feast</i>	22 <i>Teriyaki Chicken</i> <i>Panko Crusted Tofu</i> <i>Veggie Pad Thai</i> <i>Egg Fried Rice</i> <i>New School Candy</i>
25 <i>Black Bean Chili</i> <i>African Peanut Stew</i> <i>Brown Rice</i> <i>Golden Cornbread</i> <i>Kale Salad</i>	26 <i>Bagels&CreamCheese</i> <i>Chicken Noodle Soup</i> <i>Veggie Strudel</i> <i>Sweet Potato Salad</i> <i>Tuna Salad</i>	27 <i>Pizza Pizzazz</i> <i>Cheese Pizza</i> <i>Pesto Pizza</i> <i>Greek Pizza</i> <i>Garlic Broccoli</i>	28 <i>Pasta Protocol</i> <i>Spaghetti or Penne</i> <i>Spinach Sauté</i> <i>Artichoke Olive Salad</i> <i>Caesar Salad</i>	29

Every Day Choices May Include:

Turkey, Cheese or Tofu Cubes

Green Salad

Vegetarian Soup or Entrée

Whole Wheat Bread

Creamy Peanut Butter

2% White Milk

Menu Subject To Change Without Notice

