



Montessori Kids Universe - Katy School Menu February--2018

Morning Snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|---|--------------------------------------|-------------------|
| Organic Cereal with Milk | Blueberry Banana Smoothie, Fresh Cut Fruit | Vanilla Yogurt Parfait with Berries & Banana, Fresh Cut Fruit | Assorted Pastry with Fresh Cut Fruit | Fresh Fruit Salad |

Afternoon Snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|--|----------------------------|-----------------------------|----------------------------|
| Crackers, Sliced Cheese and Turkey | Parmesan Crusted Flatbread with House Made Roasted Red Pepper Hummus | House Baked Zucchini Bread | Turkey and Cheese Pinwheels | House Made Vanilla Pudding |

Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 29-Jan | 30-Jan | 31-Jan | 1-Feb | 2-Feb |
| | | | Turkey Meat Sauce with Penne Pasta, Fresh Green Beans and Carrots, Fresh Cut Fruit | Grilled Turkey and Cheese Flatbread, Spanish Rice, Steamed Broccoli, Fresh Cut Fruit |
| | | | TVP, Black Beans & Marinara Sauce | Grilled Cheese Flatbread |
| 5-Feb | 6-Feb | 7-Feb | 8-Feb | 9-Feb |
| Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit | Classic Beef Lasagna with Grass-fed Beef, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit | Mashed Potatoes with Cheddar Cheese, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit | Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit | Chicken & Waffles, Roasted Red Potatoes, Broccoli, Ketchup, Fresh Cut Fruit |
| Grilled Tofu | Vegetable Lasagna | Grilled Tofu | Veggie Tamales | Baked Cheese Sticks |
| 12-Feb | 13-Feb | 14-Feb | 15-Feb | 16-Feb |
| Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit | BBQ Beef Slider, Baked Beans, Fresh Corn on Cob, Fresh Cut Fruit | Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit | Grilled Turkey and Cheese Sandwich, Roasted Red Potato, Steamed Broccoli, Fresh Cut Fruit | Breakfast for Lunch: Biscuit with Eggs & Turkey Sausage Patty, Green Beans, Breakfast Potato, Fresh Cut Fruit |
| Grilled Tofu | BBQ Boca Burger Slider | Grilled Tofu | Grilled Cheese Sandwich | Eggs Cheese Biscuit Sand |
| 19-Feb | 20-Feb | 21-Feb | 22-Feb | 23-Feb |
| SCHOOL CLOSED | Grass-fed Beef Chili with Cheddar Cheese, Brown Rice, Oven Roasted Carrots, Fresh Cut Fruit | Turkey Kielbasa & Rice Casserole, Vegetable Medley, Fresh Baguette, Fresh Cut Fruit | Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Sour Cream, Fresh Cut Fruit | Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit |
| | TVP Chili with Kidney Beans | Vegetable Sausage Casserole | Cheese Quesadillas | |
| 26-Feb | 27-Feb | 28-Feb | 1-Mar | 2-Mar |
| Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Roasted Carrots, Fresh Cut Fruit | Grass-fed Beef Burrito with Cheese, Refried Beans, Enchilada Sauce, Rice and Steamed Broccoli, Fresh Cut Fruit | Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit | | |
| Grilled Tofu | Beans and Cheese Burrito | Grilled Tofu | | |

We have Vegetarian, Gluten Free, Dairy Free & No Beef options.