



# Redwood Coast Montessori January 2019 – Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 Lasagna (m&v) Garlic bread	8 Burrito bar (m&v) Spanish rice	9 Tuna melt Grilled Cheese Sweet potato fries	10 Pinto beans (v) Cornbread	11 Cheese Pizza
14 Pasta with veggies Garlic bread	15 Chicken/bean Taco Spanish rice	16 BBQ Chicken Cheese quesadilla Veggies	17 Sweet potato & black bean chili (v) Cornbread	18 Hot Dogs Veggie Dogs Potato wedges
21 MLK Day No School	22 Nacho bar Spanish rice	23 BBQ pulled pork Grilled cheese Sweet potato fries	24 Minestrone soup (v) Grilled cheese	25 Bagels with cream cheese Sweet potato fries
28 Spaghetti w/ (m&v) Garlic bread	29 Cheese quesadilla (v) Spanish rice	30 Baked potato bar (v)	31 Corn chowder (v) Crackers	
<b>All lunches are served with a salad bar of fresh fruit, salad choices, and milk.</b>				



## Lunch Order Form: Jan. 2019

(Please fill out a separate form for **each** student in your family)

**(Return this portion to school office by Monday 1/7/19)**

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mon.	Tues.	Wed.	Thurs.	Fri.
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

My child will order \_\_\_\_\_ lunches.

Full price = \$3.50  
Reduced price = \$.40  
Free = \$0

**Mark the calendar with M or V for your  
selected lunch dates.  
(M=meat, V=vegetarian)**