

**MINE, ME & US Montessori School Menu-March 2021**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 3: March 15 - March 19, 2021</b>					
<b>AM Snack</b>	<b>Kiwi and Coconut Yogurt Parfait</b> Fresh kiwi and shredded coconut on top of plain Greek yogurt with oat granola. Served with kiwi halves. Cow milk and water to drink.	<b>Fresh Celery, Peanut Butter, and Golden Raisins</b> Sliced celery with peanut butter spread and golden raisins topping. Cow milk and water to drink.	<b>Homemade Green Smoothie Bowls</b> Fresh spinach with Granny Smith apples and bananas blended into a yogurt smoothie and topped with shredded coconut and oat granola. Cow milk and water to drink.	<b>School Closed - Faculty Professional Development</b>	<b>School Closed - Parent/Teacher Conferences</b>
<b>Lunch</b>	<b>Homemade Pesto Gnocchi</b> Homemade pesto with fresh basil, spinach and pine nuts tossed with potato gnocchi. Served with fresh blueberries and sliced rainbow carrots. Cow milk and water to drink.	<b>Deconstructed Lentil Shepherd's Pie</b> Homemade Shepherd's Pie with brown lentils, carrots, peas with homemade mashed potatoes. Served with rustic seven-grain bread and Navel orange slices. Cow milk and water to drink.	<b>Irish Potato Soup with Herb Gremolata</b> Homemade soup with Yukon Gold potatoes and vegetable broth topped with homemade parsley and rosemary herb gremolata. Served with toasted baguette and Granny Smith apple slices. Cow milk and water to drink.	<b>School Closed - Faculty Professional Development</b>	<b>School Closed - Parent/Teacher Conferences</b>
<b>PM Snack</b>	<b>Baked Parmesan Zucchini</b> Oven-roasted zucchini tossed with shaved parmesan. Served with Granny Smith apple slices. Cow milk and water to drink.	<b>Green Vegetable Crudité with Homemade Dip</b> Fresh cucumbers, celery, broccoli, and sugar snap peas with homemade garlic and herbs yogurt dip. Cow milk and water to drink.	<b>Homemade Guacamole with Lime Chickpeas</b> Fresh avocado with cilantro and lime juice. Served with roasted lime chickpeas and corn tortilla chips. Cow milk and water to drink.	<b>School Closed - Faculty Professional Development</b>	<b>School Closed - Parent/Teacher Conferences</b>
<b>Week 4: March 22 - March 26, 2021</b>					
<b>AM</b>	<b>Poached Pears and Cottage Cheese</b> Homemade cinnamon poached pears with cottage cheese and oat granola. Served with fresh Bosc pear slices. Cow milk and water to drink.	<b>Peanut Butter and Banana Oatmeal</b> Homemade oatmeal with old-fashioned oats and oat milk topped with peanut butter drizzle and bananas. Served with a whole banana. Cow milk and water to drink.	<b>"Eggs in a Hole" Breakfast</b> Fresh eggs oven-baked in the center of sourdough toast and topped with parsley, black pepper, and sea salt. Served with sliced Roma tomatoes. Cow milk and water to drink.	<b>Peanut Butter and Oat Granola Apple Sandwiches</b> Sliced Honeycrisp apples with peanut butter spread, cinnamon oat granola, shredded coconut, and chia seeds. Cow milk and water to drink.	<b>Sweet Potato Hash and Hard-Boiled Eggs</b> Homemade sweet potato hash with hard boiled eggs. Served with sliced avocado. Cow milk and water to drink.
<b>Lunch</b>	<b>Homemade Veggie and Black Pepper Cream Cheese Wraps</b> Fresh cucumbers, Romaine lettuce, green onions, and roasted red bell peppers with homemade black pepper cream cheese spread on a flour tortilla. Served with Navel orange slices. Cow milk and water to drink.	<b>Smoky Kidney Beans with Creamy Polenta</b> Seasoned kidney beans with smoked paprika and soy sauce over homemade creamy Parmesan polenta. Served with fresh Gala apple slices. Cow milk and water to drink.	<b>Zucchini and Corn Tostadas with Homemade Refried Beans</b> Roasted zucchini and corn with homemade refried black beans and cotija cheese on crispy corn tortillas. Served with fresh avocado slices. Cow milk and water to drink.	<b>Homemade Southern Succotash with Lima Beans</b> Diced, fresh tomatoes and zucchini, hominy, and lima beans tossed in garlic and olive oil and topped with fresh parsley. Served with homemade cornbread and fresh blueberries. Cow milk and water to drink.	<b>Apple and Caramelized Onion Flatbread</b> Fresh Granny Smith apple slices and caramelized onions with homemade basil pesto on toasted flatbread and goat cheese crumbles. Served with sliced yellow bell peppers. Cow milk and water to drink.
<b>PM Snack</b>	<b>English White Cheddar and Granny Smith Apples</b> Fresh lemon and basil over ricotta cheese on toasted French baguette slices and drizzled with local honey. Served with red pear slices. Cow milk and water to drink.	<b>Ricotta Lemon Basil Honey Crostini</b> Fresh lemon and basil over ricotta cheese on toasted French baguette slices and drizzled with local honey. Served with red pear slices. Cow milk and water to drink.	<b>Sweet Potato Crisps with Homemade Yogurt Sauce</b> Roasted sweet potatoes with sea salt and chili powder. Served with homemade parsley Greek yogurt sauce. Cow milk and water to drink.	<b>Homemade Corn and Black Bean Salsa</b> Homemade salsa with roasted corn, black beans, and fresh cilantro. Served with corn tortilla chips and Valencia orange slices. Cow milk and water to drink.	<b>Balsamic Roasted Tomatoes on Traditional Hummus Toast</b> Oven-roasted cherry tomatoes tossed in balsamic glaze on top homemade traditional hummus on wheat berry toast. Cow milk and water to drink.