

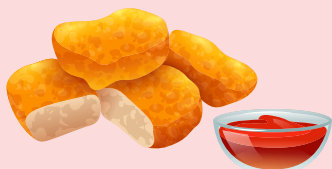
Daily Lunch MENU

MONTVERDE ACADEMY

SUMMER PROGRAMS 2023

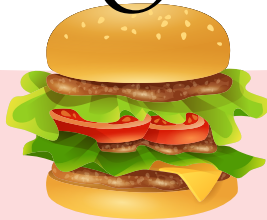


Weeks One & Five



MONDAY

- Chicken tenders
- Pulled BBQ beef
- House fried potato chips
- Yellow rice & black beans
- Steamed green beans



WEDNESDAY

- Grilled hamburger
- Lasagna roll
- French fries
- Garlic bread stick
- Steamed broccoli



FRIDAY

- Oven roasted beef strips
- Chicken tortellini Alfredo
- Roasted red potatoes
- Garlic bread stick
- Steamed broccoli

TUESDAY

- Grilled Chicken
- Beef meatballs with marinara sauce
- Cheese tortellini
- Steamed rice
- Steamed carrots

THURSDAY

- Chicken stir fry
- Turkey corn dog
- Steamed Jasmine rice
- Macaroni & cheese
- Mixed vegetables

Weeks Two and Six



MONDAY

- Beef hot dog
- Grilled chicken
- French fries
- Steamed rice
- Green beans



TUESDAY

- Beef Teriyaki
- Baked chicken
- Scalloped potatoes
- Steamed Basmati rice
- Pea and carrots



THURSDAY

- Baked chicken
- Herb buttered pasta
- Sautéed beef strips
- Steamed Parmesan rice
- Steamed cauliflower



FRIDAY

- Lemon herb chicken
- Fried O'Brien potatoes
- Baked whitefish
- Steamed Basmati rice
- Steamed green beans

Weeks Three and Seven



MONDAY

- Baked chicken
- Baked whitefish
- Steamed Basmati rice
- Steamed green beans



TUESDAY

- Grilled chicken
- Roasted beef strips
- Steamed rice
- Steamed broccoli

WEDNESDAY

- Orange Ginger chicken
- Baked ziti
- Seasoned rice
- Steamed green beans

THURSDAY

- Fajita chicken strips
- Fajita beef strips
- Yellow rice
- Roasted corn & peppers



FRIDAY

- Cavatappi & cheese
- Pesto chicken
- Rice pilaf
- Steamed broccoli

Weeks Four and Eight



MONDAY

- Meatball sub
- Pulled chicken
- French fries
- Steamed rice
- Steamed broccoli



TUESDAY

- Baked chicken
- Philly cheese steak
- House potato chips
- Steamed rice
- Steamed green beans



WEDNESDAY

- Grilled chicken
- Pulled pork
- Pasta Carbonara
- Steamed rice
- Broccoli

THURSDAY

- Fajita chicken strips
- Fajita beef strips
- Black beans
- Steamed carrots
- Yellow rice



FRIDAY

- Blackened chicken
- Roasted pork loin
- Pasta Alfredo
- Steamed rice
- Vegetable blend