

THE MARKET MENU

December 2023

Muskegon Montessori Academy for Environmental Change

Lunch

MONDAY

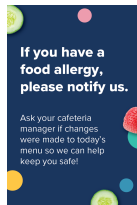
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



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- Main Entrees
- French Bread Pepperoni Pizza
 - Corn
- Fruit & Vegetable Bar
- Carrot & Celery Sticks
 - Corn & Pepper Salad
 - Chilled Diced Pears
 - Fresh Whole Apple Gala

4

- Main Entrees
- Walking Beef Taco
 - Refried Vegetarian Beans
- Fruit & Vegetable Bar
- Fresh Carrot Sticks
 - Fresh Broccoli Florets
 - Sliced Fresh Strawberries
 - Pineapple Cubes

5

- Main Entrees
- Mashed Potato & Chicken Bowl
 - Mini Whole Grain Biscuit
- Fruit & Vegetable Bar
- Fresh Cauliflower Florets
 - Spring Mix Salad
 - Fresh Banana
 - Blueberries

6

- Main Entrees
- Cinnamon French Toast
 - Roasted Cinnamon Sweet Potatoes
- Fruit & Vegetable Bar
- Fresh Broccoli Florets
 - Red Bell Pepper Strips
 - Fresh Golden Delicious Apple
 - Fresh Raspberries

7

- Main Entrees
- Beef Hot Dog on Whole Wheat
 - Oven Baked Curly Fries
- Fruit & Vegetable Bar
- Shredded Romaine Lettuce
 - Fresh Cherry Tomatoes
 - Fresh Red and Green Seedless Grapes
 - Chilled Peaches

8

- Main Entrees
- Personal Galaxy Cheese Pizza
 - Corn
- Fruit & Vegetable Bar
- Carrot & Celery Sticks
 - Corn & Pepper Salad
 - Chilled Diced Pears
 - Fresh Whole Apple Gala

11

- Main Entrees
- Breaded Chicken Parmesan
 - Rotini Pasta
 - Seasoned Broccoli Florets
- Fruit & Vegetable Bar
- Fresh Carrot Sticks
 - Fresh Broccoli Florets
 - Sliced Fresh Strawberries
 - Pineapple Cubes

12

- Main Entrees
- Maple Turkey Sausage Pancake Stick
 - Glazed Sweet Potatoes
- Fruit & Vegetable Bar
- Fresh Cauliflower Florets
 - Spring Mix Salad
 - Fresh Banana
 - Blueberries

13

- Main Entrees
- Japanese Cherry Blossom Chicken
 - Brown Rice
 - Sliced Carrots
- Fruit & Vegetable Bar
- Fresh Broccoli Florets
 - Red Bell Pepper Strips
 - Fresh Golden Delicious Apple
 - Fresh Raspberries

14

- Main Entrees
- Fiestada Beef Stuffed Sandwich
 - Mexican Style Refried Beans
- Fruit & Vegetable Bar
- Shredded Romaine Lettuce
 - Fresh Cherry Tomatoes
 - Fresh Red and Green Seedless Grapes
 - Chilled Peaches

15

- Main Entrees
- Cheese Pizza Cruncher
 - Marinara Sauce
 - Steamed Carrot & Broccoli Medley
- Fruit & Vegetable Bar
- Corn Salad with Ranch
 - Black Beans
 - Chilled Diced Pears
 - Fresh Whole Apple Gala

18

- Main Entrees
- Breaded Chicken Drumstick
 - Baked Beans
 - Whole Grain Corn Muffin
- Fruit & Vegetable Bar
- Fresh Carrot Sticks
 - Fresh Broccoli Florets
 - Sliced Fresh Strawberries
 - Pineapple Cubes

19

- Main Entrees
- Cheese Stuffed Breadsticks
 - Marinara Sauce
 - Cinnamon Glazed Carrots
- Fruit & Vegetable Bar
- Fresh Cauliflower Florets
 - Spring Mix Salad
 - Fresh Banana
 - Blueberries

20

- Main Entrees
- Homemade Pancakes
 - Baked Egg Bites with Turkey Sausage & Cheddar Cheese
 - Tater Tots
- Fruit & Vegetable Bar
- Fresh Broccoli Florets
 - Red Bell Pepper Strips
 - Fresh Golden Delicious Apple
 - Fresh Raspberries

21

- Main Entrees
- Sliced Glazed Ham
 - Garlic Mashed Potatoes
 - Hawaiian Roll
- Fruit & Vegetable Bar
- Shredded Romaine Lettuce
 - Fresh Cherry Tomatoes
 - Fresh Red and Green Seedless Grapes
 - Chilled Peaches

22

- Main Entrees
- Muffin, Pretzel, & Yogurt Fun Lunch
- Fruit & Vegetable Bar
- Carrot & Celery Sticks
 - Corn & Pepper Salad
 - Chilled Diced Pears
 - Fresh Whole Apple Gala

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