



Rainbow Montessori School LUNCH MENU – MARCH 2010

MON.	TUES.	WEDS.	THUR.	FRI.
<p>03/01</p> <p>Chicken Nuggets Pasta Salad with Vegetables, Sour Cream & Mayo Fruit in season 100% Juice</p>	<p>03/02</p> <p>Minced Beef & Penne Pasta in Marinara Sauce Mixed Vegetables Fruit in season 100% Milk</p>	<p>03/03</p> <p>All Beef Hot Dogs with Green Beans served with baked Tator Tots Fruit in season 100% Juice</p>	<p>03/04</p> <p>Hickory Smoked Chicken Wings Yellow Rice Sweet Corn Fruit in season 100% Juice</p>	<p>03/05</p> <p>Baked Fish Sticks Angels Hair Alfredo Pasta and Mixed vegetables Fruit in season Milk</p>
<p>03/03</p> <p>Chicken Nuggets Pasta Salad with Vegetables, Sour Cream & Mayo Fruit in season 100% Juice</p>	<p>03/09</p> <p>Minced Beef & Penne Pasta in Marinara Sauce Mixed Vegetables Fruit in season 100% Milk</p>	<p>03/10</p> <p>All Beef Hot Dogs with Green Beans served with baked Tator Tots Fruit in season 100% Juice</p>	<p>03/11</p> <p>Hickory Smoked Chicken Wings Yellow Rice Sweet Corn Fruit in season 100% Juice</p>	<p>03/03</p> <p>Baked Fish Sticks Angels Hair Alfredo Pasta and Mixed vegetables Fruit in season Milk</p>
<p>03/15</p> <p>Chicken Nuggets Pasta Salad with Vegetables, Sour Cream & Mayo Fruit in season 100% Juice</p>	<p>03/16</p> <p>Minced Beef & Penne Pasta in Marinara Sauce Mixed Vegetables Fruit in season 100% Milk</p>	<p>03/17</p> <p>All Beef Hot Dogs with Green Beans served with baked Tator Tots Fruit in season 100% Juice</p>	<p>03/18</p> <p>Hickory Smoked Chicken Wings Yellow Rice Sweet Corn Fruit in season 100% Juice</p>	<p>03/19</p> <p>Baked Fish Sticks Angels Hair Alfredo Pasta and Mixed vegetables Fruit in season Milk</p>
<p>03/22</p> <p>Chicken Nuggets Pasta Salad with Vegetables, Sour Cream & Mayo Fruit in season 100% Juice</p>	<p>03/23</p> <p>Minced Beef & Penne Pasta in Marinara Sauce Mixed Vegetables Fruit in season 100% Milk</p>	<p>03/24</p> <p>All Beef Hot Dogs with Green Beans served with baked Tator Tots Fruit in season 100% Juice</p>	<p>03/25</p> <p>Hickory Smoked Chicken Wings Yellow Rice Sweet Corn Fruit in season 100% Juice</p>	<p>03/26</p> <p>Baked Fish Sticks Angels Hair Alfredo Pasta and Mixed vegetables Fruit in season Milk</p>
<p>03/29</p> <p>Chicken Nuggets Pasta Salad with Vegetables, Sour Cream & Mayo Fruit in season 100% Juice</p>	<p>03/30</p> <p>Minced Beef & Penne Pasta in Marinara Sauce Mixed Vegetables Fruit in season 100% Milk</p>	<p>03/31</p> <p>All Beef Hot Dogs with Green Beans served with baked Tator Tots Fruit in season 100% Juice</p>	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>FISH STICKS OVER ANGEL HAIR PASTA</p>  </div> <div style="flex: 2;">  <p>WITH FRESH ALFREDO SAUCE & MIXED VEGETABLES</p> </div> </div>	

FISH STICKS SERVED OVER ANGEL HAIR ALFREDO PASTA

Ingredients

Fish Sticks

- 1 pound angel hair pasta, cooked
- 1 cup ranch dressing
- 1 cup parmesan cheese
- 2 tablespoons butter
- 1 cup light cream
- 1 cup Mixed Vegetables

Directions:

Bake Fish Sticks in oven

Meanwhile, melt butter in saucepan; add cream and parmesan cheese, heating and stirring until the cheese is melted. Add ranch dressing; heat through. Stir in desired amount of the cooked and drained angel hair pasta. (Do not rinse pasta, so the sauce will stick to it better.) and add mixed vegetables.

Serve over with 100% juice and Fruit.