

# JANUARY 2023 ALPHA MONTESSORI SCHOOL

## LUNCH



NEW WEBSITE: [Alpha-KC.com](http://Alpha-KC.com) 816.942.5567  
11430 Wornall Rd., Kansas City, MO 64114  
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All meals are served with bread and milk or water.

### MONDAY

2



### TUESDAY

3



### WEDNESDAY

4

Chicken Noodle Soup  
Carrots & Celery  
Apples

### THURSDAY

5

Ham & Cheese  
Pinwheels  
Grapes  
Veggie Straws

### FRIDAY

6

Pigs in a Blanket  
Peas  
Strawberries  
Cottage Cheese

9

French Toast  
Sticks  
Bananas  
Yogurt  
O'Brien Potatoes

10

Cheese Tortellini  
Green Beans  
Peas

11

Tomato Soup  
Salad  
Cheese Bread

12

Tuna Casserole  
Broccoli  
Mixed Fruit

13

Meatloaf  
Green Peppers  
Applesauce

16



17

Cheese Quesadillas  
Corn  
Roasted Cauliflower  
Black Beans

18

Scrambled Egg  
Muffins  
Hashbrowns  
Fruit Salad

19

Roasted Chicken  
Zucchini Fries  
Oranges

20

Cheeseburger  
Mac & Cheese  
Mixed Veggies  
Green Apples

23

Lasagna  
Green Beans  
Peaches

24

Pizza  
Salad  
Fruit Cocktail

25

Peanut Butter &  
Jelly Sandwich  
Bananas  
Fresh Veggie Sticks

26

Chicken Strips  
Mashed Potatoes  
Pineapple

27

Pulled Pork  
Cole Slaw  
Melons

30

Orange Chicken  
Kiwi  
Edamame  
Fried Rice

31

Hamburger Soup  
Pears  
Mixed Veggies

