

Wildflower Farm Montessori  
Plant-Based Spring Menu

Week 1:

Day 1. Veggie and Hummus Wrap w/ Chicken: Whole grain tortilla filled with hummus, sliced cucumbers, shredded carrots, bell peppers, lettuce, and chicken. Served w/ a side of seasonal fruit.

Day 2. Pork Mac and Cheese: Creamy macaroni made with a creamy cheese sauce and cubed pork. Served with steamed broccoli and seasonal fruit as side dishes.

Day 3. Brown Rice + Quinoa Rainbow Salad w/ Beef: Colorful salad featuring mixed greens, cherry tomatoes, shredded purple cabbage, grated carrots, avocado slices, beef, and a homemade lemon-tahini dressing. Served w/ a side of seasonal fruit.

Day 4. Peanut Butter and Banana Sandwich: Whole wheat bread spread with peanut butter and sliced bananas, served with carrot sticks and apple slices.

Day 5. Veggie Quesadilla: Whole grain tortilla filled with black beans, corn, diced tomatoes, and cheese, served with homemade salsa for dipping. Served w/ a side of seasonal fruit.

Week 2:

Day 1. Chickpea + Chicken Salad Sandwich: Mashed chickpeas mixed with mayo, diced celery, chicken, and spices. Served on whole grain bread with lettuce and tomato. Served w/ a side of seasonal fruit.

Day 2. Cream Cheese Veggie Sushi Rolls: Nori sheets filled with sushi rice, cream cheese, avocado slices, cucumber sticks, and shredded carrots. Served w/ a side of seasonal fruit.

Day 3. Lentil + Pork + Vegetable Soup: Hearty soup made with lentils, carrots, celery, onions, and spinach, served with homemade bread. Served w/ a side of seasonal fruit.

Day 4. Beef + Quinoa Salad: Cooked quinoa mixed with diced cucumbers, cherry tomatoes, bell peppers, black beans, corn, seasoned beef, and a lime-cilantro dressing. Served w/ a side of seasonal fruit.

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Day 5. Sweet Potato and Black Bean Burrito: Whole grain tortilla filled with roasted sweet potatoes, black beans, avocado slices, and homemade salsa. Served w/ a side of seasonal fruit.

Week 3:

Day 1. Chicken + Rainbow Veggie Wraps: Whole grain wraps filled with hummus, shredded beets, grated carrots, cucumber slices, and spinach leaves. Served w/ a side of seasonal fruit.

Day 2. Sausage + Vegetable Pizza: Homemade whole wheat pizza crust topped with tomato sauce, cheese, sliced mushrooms, bell peppers, onions, olives, and beef sausage. Served w/ a side of seasonal fruit.

Day 3. Veggie Spring Rolls: Rice paper rolls filled with vermicelli noodles, lettuce, shredded carrots, cucumber sticks, and tofu strips. Served with peanut dipping sauce and a side of seasonal fruit.

Day 4. Chickpea and Veggie Stir Fry: Stir-fried chickpeas with broccoli florets, bell peppers, snap peas, and tofu, served over brown rice. Served w/ a side of seasonal fruit.

Day 5. Mexican Stuffed Bell Peppers w/ ground beef: Bell peppers stuffed with quinoa, black beans, corn, diced tomatoes, ground beef, and spices, topped with homemade salsa and avocado slices. Served w/ a side of seasonal fruit.

Week 4:

Day 1. Veggie Burger: Veggie patty on a whole wheat bun with lettuce, tomato, and avocado, served with baked sweet potato fries. Served with seasonal fruit as a side.

Day 2. Chicken Caesar Salad: Crisp romaine lettuce tossed with Caesar dressing, homemade croutons, parmesan cheese, egg slices, and chicken. Served w/ a side of seasonal fruit.

Day 3. Pita Pockets: Whole wheat pita pockets filled with falafel balls, shredded lettuce, diced tomatoes, cucumber slices, and tahini sauce. Served w/ a side of seasonal fruit.

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Day 4. Veggie + Pork + Bean Chili: Hearty chili made with kidney beans, black beans, tomatoes, bell peppers, onions, and chili spices, served with homemade cornbread. Served w/ a side of seasonal fruit.

Day 5. Zucchini Pasta w/ Beef: Zucchini "pasta" tossed with sautéed bell peppers, cherry tomatoes, spinach, garlic, beef, and olive oil. Served w/ a side of seasonal fruit.