



Montessori

Lunch Menu

October 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | 1 turkey spinach rollup carrot salad apple slices | 2 cheesy beef macaroni with carrots sweet corn | 3 cheese pizza green salad with carrots & cucumbers | 4 egg fried rice with corn & lima bean chicken dumplings |
| 7 mac & cheese carrots and peas | 8 chicken quesadilla rice with mixed veggies | 9 spaghetti marinara bread roll English peas | 10 sloppy Joe bulgur yeast roll green beans | 11 brown bag lunch at the pumpkin patch |
| 14 creamy chicken rice with mixed veggies butternut squash | 15 cheesy beef macaroni with carrots sweet corn | 16 grilled cheese sweet potato fries English peas | 17 meatball sub green salad with carrots | 18 NO SCHOOL PARENT TEACHER CONFERENCES |
| 21 turkey chili macaroni with carrots sweet corn | 22 cheese pizza green salad with carrots and cucumber | 23 spaghetti marinara bread roll English peas | 24 chicken quesadilla rice with mixed veggies | 25 roasted turkey mash potatoes carrots and peas |
| 28 mac & cheese carrots and peas | 29 Taco Tuesday tomato rice with mixed veggies | 30 grilled cheese carrot salad apple slices | 31 beef burger sweet potato fries mixed veggies | |

all meals are prepared fresh and delivered daily, using nutritiously delicious produce

we do not use any preservatives or artificial flavorings in our menus

allergies sensitive meals will be served in separate labeled container