



**MISSION MONTESSORI
LUNCH MENU
OCTOBER 2018**



1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday
Breakfast for Lunch Oatmeal w/ Brown Sugar Chicken Apple Sausage Cinnamon Sautéed Pears *Grapes & String Cheese	Spinach & Cheese Ravioli w/ Marinara Sauce Dinner Roll Kiwi & Blueberries *Baked Crackers & Tangerines	Chicken Breast Nuggets Sautéed Green Beans Orange Slices *Vanilla Yogurt & Cheerios	Cheese Quesadillas Mixed Bell Peppers w/ Ranch Banana (1/2) *Apples & Sun-Butter	Hawaiian Meatballs w/ Rice Steamed Broccoli Pineapple *Bananas & Graham Crackers
8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday
Cheese Pizza Cucumbers & Ranch Tangerine "Cuties" *Kiwi & Graham Crackers	Healthy Baked Fish Sticks Seasoned Green Peas Apple Slices *Baked Crackers & Cheddar	Orange Chicken w/ Rice Sautéed Zucchini Mixed Berries *Veggie Straws & Grapes	Sneaky Spaghetti w/ Squash Dinner Roll Orange Slices *Banana (1/2) & Cheerios	Turkey, Spinach & Cranberry Wrap Sweet Potato Fries Fresh Fruit Salad *Fig Cereal Bars & Raisins
15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday
Annie's White Cheddar Mac & Cheese Seasoned Carrots Kiwi & Blueberries *Craisins & String Cheese	Baked Tilapia over Rice Sautéed Green Beans Orange Slices *Apple Slices & Sun-Butter	Meat & Cheese Lasagna Steamed Broccoli Sliced Plums *Baked Crackers & Hummus	Chicken Apple Sausage w/ Baked Sweet Potato Mash Dinner Roll Banana (1/2) *Animal Crackers & Berries	<i>5 Extended Day Only</i> Sun-Butter & Banana Wrap Veggie Straws Vanilla Yogurt w/ Dye Free Sprinkles *Chex Mix & Orange Slices
22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday
Twirly Pasta w/ Butter & Parmesan Seasoned Green Peas Sliced Oranges *Plums & Animal Crackers	Bean & Cheese Burritos Sliced Cucumbers w/ Ranch Apple Sauce *Banana (1/2) & Crackers	Turkey Burger on a Bun Sweet Potato Fries Apple Slices *Vanilla Yogurt & Cheerios	Teriyaki Tofu over Rice Edamame Pineapple *Grapes & Graham Crackers	Harvest Festival Chicken Breast Nuggets Veggie Straws Tangerine "Cuties" *Pirate's Booty & Fresh Fruit
29 Monday	30	31		
Meatballs w/ Marinara Dinner Roll Kiwi & Blueberries *Baked Crackers & Cheddar	Beef Taquitos w/ Guacamole Mixed Bell Peppers Sliced Pears *Oranges & String Cheese	Creamy Pumpkin Pasta Dinner Roll Tangerine "Cuties" *Veggie Straws & Berries		

© - Hot lunch is served with organic whole milk. We use all-natural products and organic ingredients when possible!

*Menu item is afternoon snack for the day. Afternoon snack is served at 3:45pm
and is served with filtered water.