



**Mission Montessori  
Lunch Menu  
October 2017**

|                                                                                                      |                                                                                                                            |                                                                                                           |                                                                                                                |                                                                                                                              |
|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>2 Monday</b>                                                                                      | <b>3 Tuesday</b>                                                                                                           | <b>4 Wednesday</b>                                                                                        | <b>5 Thursday</b>                                                                                              | <b>6 Friday</b>                                                                                                              |
| Sunbutter & Banana Roll on Whole Wheat Tortilla<br>Pickles<br>Apple Slices<br><br>*Banana & Chex Mix | Grilled Cheese Sandwich<br>Vanilla Yogurt w/<br>Dye Free Sprinkles<br>Mixed Berries<br><br>* Crackers & Salami             | Beef, Bean, & Cheese Burrito<br>Broccoli<br>Orange Slices<br><br>*Animal Crackers & Raisins               | BBQ Pulled Pork Sandwich (1/2)<br>Roasted Carrots<br>Banana (1/2)<br><br>*Watermelon & Pretzels                | Spinach Ravioli w/Marinara<br>Dinner Roll<br>Seedless Red grapes<br><br>*Popcorn & Seasonal Fruit                            |
| <b>9 Monday</b>                                                                                      | <b>10 Tuesday</b>                                                                                                          | <b>11 Wednesday</b>                                                                                       | <b>12 Thursday</b>                                                                                             | <b>13 Friday</b>                                                                                                             |
| Cheese Pizza<br>Cucumbers Slices w/Ranch<br>Kiwi & Blueberries<br><br>*Fig Cereal Bar                | Seasoned Baked Tilapia<br>Over Rice<br>Sautéed Green Beans<br>Mixed Berries<br><br>*Apples & String Cheese                 | Hawaiian Meatballs w/Rice<br>Steamed Broccoli<br>Orange Slices<br><br>*Carrots, Crackers & Nut-Free Humus | Rolled Turkey, Crackers & Cheddar<br>Slices<br>Veggie Straws<br>Apple Slices<br><br>*Banana (1/2) & Rolled Ham | Beef Taquitos & Guacamole<br>Refried Beans<br>Seasonal Fruit<br><br>*Raisins & Pretzels                                      |
| <b>16 Monday</b>                                                                                     | <b>17 Tuesday</b>                                                                                                          | <b>18 Wednesday</b>                                                                                       | <b>19 Thursday</b>                                                                                             | <b>20 Friday</b>                                                                                                             |
| Chicken Nuggest<br>Green Peas<br>Apple Sauce<br><br>*Orange Slices & Animal Crackers                 | Annie's White Cheddar<br>Mac n Cheese<br>Oven Roasted Carrots<br>Seedless Red Grapes<br><br>*Pretzels & Salami             | Mini Quiche<br>Vanilla Yogurt w/<br>Dye Free Sprinkles<br>Mixed Berries<br><br>*Banana & Chex Mix         | Black Bean & Cheese Quesadilla<br>Broccoli & Ranch<br>Watermelon Slices<br><br>* Apples & Sunbutter            | Ham & Cheese Croissants<br>Mixed Bell Peppers<br>Seasonal Fruit<br><br>*Graham Crackers & Fruit                              |
| <b>23 Monday</b>                                                                                     | <b>24 Tuesday</b>                                                                                                          | <b>25 Wednesday</b>                                                                                       | <b>26 Thursday</b>                                                                                             | <b>27 Friday</b>                                                                                                             |
| Turkey Burgers (1/2)<br>Seasoned Mixed Veggies<br>Orange Slices<br><br>*Apple Slices & String Cheese | Sneaky Spaghetti<br>Dinner Roll<br>Pineapple<br><br>*Mixed Berries & Crackers                                              | Kid-Friendly Chili<br>Cornbread<br>Apple Sauce<br><br>*Cheese Slices & Pretzels                           | Turkey, Provolone &<br>Spinach Wrap<br>Veggie Straws<br>Apple Slices<br><br>*Cantaloupe & Chex Mix             | Breakfast for Lunch<br>Oatmeal w/Brown Sugar<br>Chicken Apple Sausage<br>Banana (1/2)<br><br>*Seasonal Fruit & Rolled Turkey |
| <b>30 Monday</b>                                                                                     | <b>31 Tuesday</b>                                                                                                          |                                                                                                           |                                                                                                                |                                                                                                                              |
| Healthy Baked Fish Sticks<br>Seasoned Green Peas<br>Orange Slices<br><br>*Carrots & Nut-Free Humus   | Annie's Classic Cheddar<br>Mac n' Cheese<br>French Green Beans<br>w/ Hummus<br>Apple Sauce<br><br>*Banana (1/2) & Crackers |                                                                                                           |                                                                                                                |                                                                                                                              |

☺- Hot lunch is served with organic 1% milk. We use all-natural products and organic ingredients when possible!

\*Menu item is afternoon snack for the day. Afternoon snack is served at 3:30 and is served with filtered water.