



Mission Montessori

October Lunch Menu 2022



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits: Raspberries, Bananas, Apples, Craisins, Pears, Mandarin Oranges Vegetables: Sweet Potato Fries, Crinkle Cut Carrots, Green Peas, Edamame	3 Meatballs w/ Teriyaki served with Rice *Graham Cracker & Fruit	4 Chicken & Apple Sausage *Pretzel Thins & Cheese Cubs	5 Fried Rice w/ Egg & Vegetables *Animal Crackers & Fruit	6 Black Bean & Cheese Quesadilla *Cheerios & Cranberries	7 Baked Chicken Nuggets w/ BBQ Dipping Sauce *Pirates Booty & Cheese
Fruits: Pomegranates Arils, Apples, Pears, Raspberries Vegetables: Sweet Corn, Steamed Broccoli/Cauliflower, Mashed Potatoes, Cucumbers	10 Spinach & Mozzarella Ravioli *Fig Bars	11 Baked Chicken Drumsticks w/ Jasmine Rice *Baked Snap Pea Snack & Fruit	12 Meat & Cheese Lasagna w/ Dinner Roll *Baked Crackers & Raisins	13 Slow Cooked Pork Tenderloin *Pirates Booty & Cheese	14 Turkey & Cheddar Roll Ups *Graham Cracker & Fruit
Fruits: Bananas, Raspberries, Blackberries, Apples, Mandarin Oranges Vegetables: Cauliflower & Broccoli Florets, Golden Corn, Sweet Potato Fries, Carrots	17 Orange Chicken w/ Jasmine Rice *Cucumbers w/ Hummus	18 Ham & Cheese Croissant Sandwich *Cheerios & Fruit	19 Pasta w/ Bolognese Sauce *Pretzel Thins & Fruit	20 Baked Cheese Enchiladas w/ Refried Beans *Vanilla Yogurt & Fruit	21 Bento Box Deli Turkey, Cheese Cubes, Pretzel Crisps *Goldfish & Raisins
Fruits: Pomegranates Arils, Apples, Raspberries, Applesauce Vegetables: Cucumbers, Green Beans, Broccoli, Butternut	24 Bowtie Pasta w/ Butter & Parmesan *Veggie Straws & Craisins	25 Turkey & Provolone Cheese Sliders *Crackers & String Cheese	26 Kid Friendly Chili Beans w/ Corn Bread *Fig Bars	27 Baked Spring Rolls w/ Rice *Baked Snap Peas & Fruit	28 Breakfast for Lunch Oatmeal w/ Brown Sugar & Chicken Apple Sausage *Animal Crackers & Fruit
Fruits: Kiwi, Apples, Pears, Berries, Bananas Vegetables: Green Peas, Pickles, Cauliflower & Broccoli Florets	31 Batty Sunbutter & Jelly Sandwiches *Applesauce & Raisins	1 Italian Meatballs w/ Mashed Potatoes *Vanilla Yogurt & Fruit	2 Baked Seasoned Tilapia w/ Rice *Whole Wheat Bread & Jam	3 Chicken Noodle Soup w/ Dinner Roll *1/2 Rice Cake & Sunbutter	4 Cheese Pizza *Chex Mix & Fruit

We always use 100% organic ingredients unless they are unavailable. Lunch is served w/ Organic Whole Milk.
 *Menu item is afternoon snack for the day. Afternoon snack is served at 3:30pm and is served with filtered water.