



MISSION MONTESSORI

Lunch MENU October 2021



27 Monday Grilled Cheese Mixed Veggies Sliced Oranges (V) *Nectarine & Craisins	28 Tuesday Pollo Bowl- Chicken Rice and Beans Roasted Corn Fresh berries *Seedless Grapes & Wheat Thins	29 Wednesday White Cheddar Mac N Cheese Steamed Broccoli Cantaloupe (V) *Melon & Animal Crackers	30 Thursday Beef Taquitos w/ Guacamole Sugar Snap Peas Seedless Grapes *Fig Bars	1 Friday Breakfast for Lunch! Oatmeal w/ Brown Sugar Apple Chicken Sausage Banana (1/2) *1/2 Rice Cake & Sunbutter
4 Monday Cheese Pizza Salad w/ Ranch Dressing Seedless Red Grapes (V) *Clementine's & Pirate Booty	5 Tuesday Ham & Cheese Croissant Cucumber Moons w/ Ranch Sliced Pears *Strawberries & Animal Crackers	6 Wednesday Baked Tilapia Filets over Jasmine Rice Steamed Mixed Veggies Sliced Kiwi & Blueberries *Sliced Apples & String Cheese	7 Thursday Meatballs & Marinara Golden Corn Cantaloupe *Sliced Pears & Goldfish	8 Friday Finger Food Friday Sunbutter, Honey, & Banana Roll (On whole wheat tortilla, cut like sushi) Veggie Sticks Fresh Fruit (V) *Fresh Berries & String Cheese
11 Monday Baked Chicken Nuggets W/ BBQ Dipping Sauce Mixed Veggies Applesauce * Cheerios & Raisins	12 Tuesday Pasta w/ Marinara & Grated Parmesan Mixed Colored Peppers w/ Ranch Blueberries (V) *Seedless Grapes & Pretzel Thins	13 Wednesday Orange Chicken Jasmine Rice & Edamame Sliced Oranges * 1/2 Banana & Sunbutter	14 Thursday Teriyaki Tofu w/ Jasmine Rice Seasoned Green Peas Kiwi & Blueberries (V) *Craisins & Wheat Thins	15 Friday Classic Box Friday Deli Turkey, Cheese Cubes, Seedless Grapes, and Pretzel Crisps *Fresh Fruit & Animal Crackers
18 Monday Buttered Fall Shaped Pasta Baked Brussel Sprouts Strawberries & Blueberries (V) *Sliced Apples & Goldfish	19 Tuesday Baked Chicken Drumsticks w/ Rice Mashed Sweet Potatoes Fresh Berries *Fresh Melon & Veggie Sticks	20 Wednesday Black Bean Tacos topped w/ lettuce, tomato, and cheese Golden Corn Sliced Apples (V) *Carrots, & Cucumber w/ Hummus	21 Thursday Meatballs w/ Mashed Potatoes Green Beans Pomegranate Perils *Clementine & Chex Mix	22 Friday Mediterranean Box Hummus, Pita bread, Cheese Wedge, Grape tomatoes, Cucumbers, and Sliced Oranges (V) *Fresh Fruit & Pirate Booty
25 Monday Bat Sunbutter & Jelly Sandwiches Cucumbers w/ Hummus Apple Sauce (V) *Apples & Sunbutter	26 Tuesday Mummy Dogs (Crescent dough & hotdog w/ ketchup for eyes) Snap Peas Clementine Pumpkins *Sliced Oranges & Pretzel Things	27 Wednesday Butternut Squash Soup Dinner Roll Sliced Pears (V) *Pineapple & Animal Crackers	28 Thursday Orange Noodles (Pumpkin & Butternut squash sauce) Carrots Cantaloupe (V) *Strawberries & Graham Crackers	29 Friday Mummy Pizzas (English muffin, Black olives, Mozzarella, Tomato sauce) Golden Corn Fresh Fruit (V) *Fruit Salad & Goldfish

We always use organic ingredients unless 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. (V) = Vegetarian