



MISSION MONTESSORI

October Lunch Menu 2025



29 Monday	30 Tuesday	1 Wednesday	2 Thursday	3 Friday
Turkey & Cheddar Roll Up Cucumbers Cottage Cheese w/Peaches *Baby Carrots w/Homemade Tahini Free Hummus	Chicken Tinga Tacos Mixed Veggies Jicama & Cucumber Salad *Cheese Stick & Veggie Straws	Pasta w/Marinara Sauce Steamed Edamame Blueberries and Kiwi *Berry Smoothie & Animal Crackers	Ham & Cheddar Croissant Carrots w/Healthy Ranch Honeydew *Veggie Straws and Craisins	Breakfast for Lunch Banana Pancakes Yogurt w/Dye Free Sprinkles Strawberries *Pretzel Thins & Homemade Tahini Free Hummus
6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday
Orange Chicken w/Jasmine Rice Steamed Edamame Peaches *Banana & Graham Crackers	Grilled Cheese Sandwich Sweet Potato Fries Mixed Berries *Goldfish & ½ Cheese Stick	Buttered Pasta w/Parmesan Carrot Star Bites Apple Slices *Animal Crackers & Pears	Baked Tilapia w/Brown Rice Steamed Broccoli Nectarines *Applesauce & Wheat Thins	Roll It Up Friday Ham and Cheese Roll Up Zucchini Fries Watermelon Slices *Pretzel Thins & Plums
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
Pasta w/Marinara Broccoli Fritters Apple Slices *Cheerios & Craisins	Ground Beef & Black Bean Tacos Roasted Corn Seedless Grapes *Bagel w/Cream Cheese	Pizza Quesadilla Sweet Potato Fries Cantaloupe *Watermelon & Veggie Straws	Lightly Breaded Chicken Nuggets Butternut Squash Mash Kiwi & Blueberries *Cheerios & Raisins	Finger Food Friday Ham & Cheese Roll Ups Roasted Baby Carrots Watermelon Triangles *Goldfish & Cantaloupe
20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
Cheese Pizza Steamed Edamame Pomegranate Seeds *Goldfish & Bananas	Green Veggie Mac N Cheese Roasted Carrots Apples *Graham Cracker & Sun Butter	Meatballs w/Marinara Roasted Sweet Potato Medallions Pears *Animal Crackers & Apples	Chicken Sausage w/Rice Steamed Broccoli Peaches *Pirates Booty & Orange Slices	Breakfast for Lunch Egg and Ham Sandwich Yogurt w/Dye Free Sprinkles Blueberries *Apple Sauce & Wheat Thins
27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday
Bean & Cheese Burrito Mixed Vegetables Blueberries *Wheat Thins and Carrot Chips	Turkey, Provolone and Spinach Wrap Buttered Peas Cinnamon Apples *Cheese Stick & Veggie Straws	Cheese Lasagna Steamed Edamame Apple Slices *Berry Smoothie & Animal Crackers	Cream Cheese and Strawberry Preserves Sandwich Carrot Chips w/Healthy Ranch Pears *Veggie Straws and Craisins	Spooky Food Friday Bat Shaped Quesadillas Cucumber Ghosts Mandarin Jack 'o Lanterns School Closes at 3pm

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.