





MISSION MONTESSORI

October Lunch Menu 2024



30 Monday Cheese Pizza Salad w/ Homemade Ranch Fresh Berries * Snap Peas & Fresh Berries	1 Tuesday Pollo Bowl Shredded Chicken, Refried Beans, & Rice Roasted Squash Seedless Grapes *Fig Bars	2 Wednesday Cheddar Cheese Cubes and Turkey Kabobs Snap Peas w/ Ranch Fruit Salad * 1/2Rice Cake & ½ Banana	3 Thursday Beef Meatballs Over White Rice Multi-Colored Peppers w/ Hummus Clementine *Chex Mix & Seedless Grapes	4 Friday Breakfast for Lunch Chicken Sausage w/ a Biscuit Fruit Salad Vanilla Yogurt & Sprinkles *Yogurt & Craisins
7 Monday Baked Salmon w/ Brown Rice Sauteed Green Beans Seedless Grapes *Animal Crackers & Apples	8 Tuesday Ham and Cheese Croissant Cucumbers w/ Hummus Crinkle Cut Apples *Goldfish & String Cheese	9 Wednesday Pot Roast w/ Carrots & Mashed Potatoes Applesauce *Graham Cracker & ½ Banana	10 Thursday Spinach Ravioli Sweet Potato Fries Blackberries *Fig Bars	11 Friday Strawberry Jam, Cream Cheese Rollups Vanilla Yogurt Sliced Peaches *Veggie Sticks & Applesauce
14 Monday Spaghetti and Meatballs Steamed Broccoli Applesauce *Baked Cracker & Fresh Berries	15 Tuesday Cheese Quesadilla Roasted Carrots Blackberries *Chex Mix & Raisins	16 Wednesday Butternut Squash Soup w/ Dinner Roll Cheese Stick Fruit Salad *Snap Peas & Applesauce	17 Thursday Teriyaki Tofu w/ Jasmine Rice Sugar Snap Peas Cinnamon Apples *Wheat Thins & String Cheese	18 Friday Sunbutter and Jelly Triangles Sliced Cucumbers w/ Ranch Clementine *Cheerios & ½ Banana
21 Monday Baked Tilapia w/ Jasmine Rice Mixed Veggies Fresh Berries *Vanilla Yogurt & Craisins	22 Tuesday Provolone and Ham Melt Steamed Broccoli Sliced Pears *Pretzel Thins & Blueberries	23 Wednesday Baked Chicken Drumsticks w/ Brown Rice Roasted Corn Sliced Apples *Fig Bars	24 Thursday Garlic Parmesan Spaghetti Jicama w/ Hummus Sliced Persimmon & Blueberries *Animal Crackers & Apples	25 Friday Healthy Baked Fish Sticks Veggie Straws Pomegranate Arils *Carrots w/ Ranch & Cracker
28 Monday Pasta with Butternut Sauce Crinkle Cut Cucumber w/ Hummus Sliced Apples *Goldfish & Blackberries	29 Tuesday Bean and Cheese Burritos Sugar Snap Peas w/ Ranch Sliced Pears *1/2 Rice Cake & Sunbutter	30 Wednesday Beef Meatballs w/ Marinara Sauce Edamame Pomegranate Arils *Veggies Sticks & Cheese Stick	31 Thursday  HALLOWEEN Mummy Mini Pizzas Carrot Pumpkins Ghost Banana  * SCHOOL CLOSSES AT 3PM	1 Friday Bento Box Baked Cracker, Deli Turkey, & Cheddar Slices Sweet Potato Fries Fresh Berries *Snap Peas & Craisins

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.