

Global Montessori Academy

October Lunch & Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Sweet & Sour Chicken Organic Stir-fry Vegetable Lo-Mein Fresh Fruit</p> <p>Rice Crispy Treats with Almond Butter</p>	<p>3</p> <p>Smothered Burritos Rice & Beans Fresh Fruit</p> <p>Whole Wheat Tortilla & Granola Roll-ups w/ Fruity Yogurt Dip</p>	<p>4</p> <p>Smoked Sausage & Peppers with Fresh Herb Roasted Red Potatoes Sliced Apples with Cinnamon</p> <p>Crackers with Fresh Fruit</p>	<p>5</p> <p>Grilled Turkey Sliders Pickles, Lettuce, and Tomatoes Fresh Fruit Salad</p> <p>Banana Bread with Fresh Fruit</p>	<p>6</p> <p>NO SCHOOL Staff Development</p>
<p>9</p> <p>Cinnamon & Spice Roast Pork with Mango Salsa Fresh Fruit</p> <p>Cheese Cubes with Mini Pretzels</p>	<p>10</p> <p>Turkey & Cheese Enchiladas Roasted Vegetable Medley Sliced Cantaloupe</p> <p>Warm Pita with Fresh Hummus</p>	<p>11</p> <p>Creamy Macaroni & Cheese Organic Roasted Broccoli Fresh Oranges</p> <p>Fresh Baked Muffins & Fruit</p>	<p>12</p> <p>Baked Penne Pasta w/ Meat Sauce Garden Fresh Tossed Salad Fresh Fruit</p> <p>Spinach Dip with Pita Chips</p>	<p>13</p> <p>Teriyaki Chicken Stir-Fry Vegetables Steamed Rice Golden Ripe Pineapple</p> <p>Muffins & Fresh Fruit</p>
<p>16</p> <p>Stuffed Peppers & Grilled Vegetable Marinara Fresh Herb Polenta Sliced Cantaloupe</p> <p>Trail Mix with Dried Fruit</p>	<p>17</p> <p>Crunchy & Soft Tacos Organic Buttered Yellow Corn Cinnamon Applesauce</p> <p>Fresh Honey Baked Cornbread & Fresh Fruit</p>	<p>18</p> <p>Three Bean Chili Wheat-berry Rolls Assorted Fresh Fruit</p> <p>Pretzels with Cheese Sticks</p>	<p>19</p> <p>NO SCHOOL Parent Teacher Conferences</p>	<p>20</p> <p>NO SCHOOL Parent Teacher Conferences</p>
<p>23</p> <p>Grilled Cheese Sandwiches Creamy Tomato Soup Fresh Fruit</p> <p>Locally Sourced Apple Butter and English Muffins</p>	<p>24</p> <p>Baked Taco Pasta Organic Sweet Corn Fresh Melon Medley</p> <p>Graham Crackers & Cream Cheese</p>	<p>25</p> <p>Mini Three Cheese Pizzas Baby Carrots & Cucumbers Golden Fresh Pineapple & Grapes</p> <p>Pretzels with Fresh Fruit</p>	<p>26</p> <p>Maple Glazed Meatloaf Smashed Potatoes Organic Green Beans Sliced Apples with Cinnamon</p> <p>Yogurt with Fresh Fruit</p>	<p>27</p> <p>French Toast Casserole Scrambled Eggs Fresh Fruit Salad</p> <p>Muffins & Fruit</p>
<p>30</p> <p>Cheeseburger Pasta Organic Roasted Vegetables Fresh Fruit</p> <p>Cottage Cheese & Peaches</p>	<p>31</p> <p>Egg & Hashbrown Casserole Whole Wheat Bagels with Cream Cheese Fresh Fruit Salad</p> <p>Fresh Raisin Bread & Fruit</p>			

*Note: Vegan and Vegetarian meals will be served with the following substitutions:

Vegan yogurt/milk - Soy

Meat - walnuts, lentils, tofu

Vegan butter - Earth Balance

Vegan cheese - Daiya cheddar, mozzarella

**Note: When product availability is limited, alternative vegan/vegetarian meals will be made.