

Global Montessori Academy  
September Lunch & Snack Menu

| Monday                                                                                                   | Tuesday                                                                                               | Wednesday                                                                                        | Thursday                                                                                | Friday                                                                                           |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <b>31</b><br>red beans and rice<br>with beef sausage<br>broccoli<br>fruit<br><br>bagels and cream cheese | <b>1</b><br>cheese pizza<br>carrots<br>fruit<br><br>cheese and pretzels                               | <b>2</b><br>beef and been burritos<br>corn<br>fruit<br><br>dried fruit and crackers              | <b>3</b><br>turkey burgers<br>carrots<br>fruit<br><br>hummus and pita                   | <b>4</b><br>sweet and sour chicken<br>rice<br>edamame<br>fruit<br><br>dried fruit and crackers   |
| <b>7</b><br><br>Labor Day<br>School Closed                                                               | <b>8</b><br>pasta with turkey meat sauce<br>Brussels sprouts<br>fruit<br><br>dried fruit and crackers | <b>9</b><br>chicken cheddar sandwiches<br>carrots<br>fruit<br><br>cheese and pretzels            | <b>10</b><br>beef hotdogs<br>carrots<br>fruit<br><br>hummus and pita                    | <b>11</b><br>popcorn chicken<br>mashed potatoes<br>corn<br>fruit<br><br>dried fruit and crackers |
| <b>14</b><br>beef cheeseburgers<br>carrots<br>fruit<br><br>hummus and pita                               | <b>15</b><br>southwest chicken and rice<br>corn<br>fruit<br><br>cheese and pretzels                   | <b>16</b><br>chicken parm pasta<br>broccoli<br>fruit<br><br>dried fruit and crackers             | <b>17</b><br>cheesy chicken tacos<br>corn<br>fruit<br><br>bagels and cream cheese       | <b>18</b><br>mac and cheese<br>peas<br>fruit<br><br>cheese and pretzels                          |
| <b>21</b><br>red beans and rice<br>with beef sausage<br>broccoli<br>fruit<br><br>hummus and pita         | <b>22</b><br>chicken ranch pasta<br>broccoli<br>fruit<br><br>dried fruit and crackers                 | <b>23</b><br>Greek chicken tacos<br>corn<br>fruit<br><br>cheese and pretzels                     | <b>24</b><br>Korean turkey and rice<br>edamame<br>fruit<br><br>dried fruit and crackers | <b>25</b><br>Hawaiian chicken sandwiches<br>carrots<br>fruit<br><br>bagels and cream cheese      |
| <b>28</b><br>BBQ chicken sandwiches<br>carrots<br>fruit<br><br>cheese and crackers                       | <b>29</b><br>turkey tacos<br>corn<br>fruit<br><br>dried fruit and pretzels                            | <b>30</b><br>chicken broccoli rice casserole<br>broccoli<br>fruit<br><br>bagels and cream cheese |                                                                                         |                                                                                                  |