

Global Montessori Academy
October Lunch & Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 toasted cheese ravioli marinara dipping sauce peas fruit	2 chicken cheddar sandwiches carrots fruit
5 popcorn chicken mashed potatoes corn fruit	6 pasta with turkey meat sauce Brussels sprouts fruit	7 cheesy chicken roll ups corn fruit	8 beef hotdogs carrots fruit	9 No School Staff Development
12 beef cheeseburgers carrots fruit	13 southwest chicken and rice corn fruit	14 turkey cheddar sandwiches smiley fries fruit	15 No School Parent-Teacher Conferences	16 No School Parent-Teacher Conferences
19 chicken ranch pasta broccoli fruit	20 cheesy chicken tacos corn fruit	21 banana chocolate chip pancakes turkey sausage fruit	22 cheese pizza carrots fruit	23 bean and cheese burritos corn fruit
26 chicken alfredo pasta peas fruit	27 fish sticks carrots fruit	28 chicken parm pasta broccoli fruit	29 turkey burgers carrots fruit	30 mac and cheese peas fruit

snacks include 2 components of:

fruits/vegetables (fresh fruits or vegetables, dried fruits, apple butter), bread or grain (crackers, pretzels, bagels, pita) & protein or dairy (hummus, yogurt, cheese, cream cheese)