

October Lunch Menu

Stars Montessori Academy



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Healthy sloppy joes with carrots	2 Cheese Quesadillas with cucumbers
			Blueberry muffins	Cheese cubes and saltines
5 Bean and cheese tostada with chips and salsa	6 Roasted turkey dinner with roasted potatoes and corn	7 Chicken tacos with lettuce, cheese, and corn	8 Beef with broccoli and rice	9 English muffin pizza with celery
Raspberry and oatmeal bars	Apple sauce and graham crackers	Pita triangles with hummus	Banana muffins	Deli meat, cheese, and saltines
12 Breaded baked talapia with steamed broccoli and carrots	13 Turkey tacos with lettuce, cheese, corn, and salsa	14 Chicken noodle soup with mixed veggies	15 Lasagna with mixed veggies	16 Baked ziti with mixed veggies
String cheese and cucumber	Apple and oatmeal bars	Blueberry muffins	Apples and sunflower butter	Cheese cubes and saltines
19 Mushroom risotto with peas	20 Turkey and cheese wraps with cucumbers	21 Chicken and cheese pita sandwiches with tomato soup	22 Beef taquitos with corn and salsa	23 Grilled cheese sandwiches with carrots
Banana muffins	Raspberry and oatmeal bars	Apple sauce and graham crackers	Pita triangles with hummus	Deli meat, cheese, and saltines
26 Fish tacos with cabbage and corn	27 Turkey Meatloaf dinner with corn	28 Chicken and vegetable chow mein	29 Beef Stroganoff with broccoli	30 Sunflower seed butter and jelly sandwiches with carrots
String cheese and cucumber	Cheese cubes and saltines	Apples and sunflower butter	Blueberry muffins	Apple and oatmeal bars

FRESH FRUIT IS SERVED EVERY DAY WITH LUNCH

