




# September Lunch Menu

Stars Montessori Academy



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
|  | 1<br>Ham and cheese wraps with cucumbers                 | 2<br>Chicken and cheese pita sandwiches with tomato soup | 3<br>Spaghetti with meatballs and broccoli          | 4<br>Sunflower seed butter and jelly sandwiches with carrots |
|  | Apple and oatmeal bars                                   | Apples and sunflower butter                              | Cheese cubes and saltines                           | Blueberry muffins  |
| 7<br><b>LABOR DAY</b><br> | 8<br>Turkey chili with corn                              | 9<br>Orange chicken with rice and steamed broccoli       | 10<br>Healthy sloppy joes with carrots              | 11<br>Cheese quesadillas with cucumbers                      |
|  | Raspberry and oatmeal bars                               | Pita triangles with hummus                               | Banana muffins                                      | Deli meat, cheese, and saltines                              |
| 14<br>Bean and cheese burritos with corn and Spanish rice  | 15<br>Turkey sliders with celery                         | 16<br>Chicken Alfredo with broccoli                      | 17<br>Ravioli with marinara sauce and mixed veggies | 18<br>Cheese Pizza with carrots                              |
| String cheese and cucumber   | Apple and oatmeal bars                                   | Apples and sunflower butter                              | Blueberry muffins                                   | Cheese cubes and saltines                                    |
| 21<br>Baked ziti with mixed veggies  | 22<br>Turkey tacos with lettuce, cheese, corn, and salsa | 23<br>Chicken noodle soup with mixed veggies             | 24<br>Lasagna with mixed veggies                    | 25<br>Grilled cheese sandwiches with carrots                 |
| Apple sauce and graham crackers  | Raspberry and oatmeal bars                               | Banana muffins   | Pita triangles with hummus                          | Deli meat, cheese, and saltines                              |
| 28<br>Mushroom risotto with peas   | 29<br>Turkey and cheese wraps with cucumbers             | 30<br>Chicken tacos with lettuce, cheese, and corn       |   |  |
| String cheese and cucumber   | Apple and oatmeal bars                                   | Apples and sunflower butter                              |   |  |

**FRESH FRUIT IS SERVED EVERY DAY WITH LUNCH**

