

# October Lunch Menu

## Little Acorn Montessori Academy

| Monday                                            | Tuesday                                                       | Wednesday                                                 | Thursday                                       | Friday                                                     |
|---------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------|------------------------------------------------------------|
|                                                   |                                                               |                                                           | 1<br>Ground Beef Sliders<br>with Baby Potatoes | 2<br>Spaghetti Marinara<br>with Organic Baby Carrots       |
|                                                   |                                                               |                                                           | Harvest Trail Mix                              | Homemade Granola Bars                                      |
| 5<br>Bean and Cheese Burritos<br>with Corn        | 6<br>Ground Turkey over Rice<br>with Green Beans              | 7<br>Chicken Fettuccini Alfredo<br>with Mixed Veggies     | 8<br>Cook's Choice                             | 9<br>Grilled Cheese Sandwiches with<br>Bell Pepper Slices  |
| Fruit with Cheese Slices                          | Bagel with Cream Cheese                                       | Blueberry Muffins                                         | Apple Donuts                                   | Bananas and Vanilla Yogurt                                 |
| 12<br>Noodle Stir Fry<br>with Vegetable Blend     | 13<br>Turkey and Cream Cheese<br>Pinwheels<br>with Cucumbers  | 14<br>Chicken and Black Bean Burritos<br>with Corn        | 15<br>Hamburger Macaroni<br>with Mixed Veggies | 16<br>Cheese Pizza<br>with Peas and Carrots                |
| Hummus and Pita Bread                             | Apple Cinnamon Muffins                                        | Homeade Raspberry Coconut<br>Mini Loaves                  | Spider Crackers                                | Nut Free Trail Mix                                         |
| 19<br>Cheese Quesadilla<br>with Green Beans       | 20<br>Hot Turkey and Cheese Melt with<br>Organic Baby Carrots | 21<br>BBQ Chicken with Homemade<br>Baby Potatoes and Corn | 22<br>Sloppy Joes<br>with Sweet Green Peas     | 23<br>Cheesey Potato Taquitos<br>with Bell Pepper Slices   |
| Bananas and Vanilla Yogurt                        | Mini Oat Cookies with Oranges                                 | Bagel with Cream Cheese                                   | Apple Pie Roll Up                              | Cucumbers & Cheese Slices                                  |
| 26<br>Tomato Soup with<br>Grilled Cheese Sandwich | 27<br>Cook's Choice                                           | 28<br>Chicken Teriyaki Bowls<br>with Broccoli             | 29<br>Beef Enchiladas<br>Mixed Veggies         | 30<br>Homemade Mac and Cheese<br>With Organic Baby Carrots |
| Hummus and Pita Bread                             | Homemade Mini Jam Pinwheels                                   | Homemade Granola Bars                                     | Mummy Pizzas                                   | Strawberry Muffins                                         |

FRESH FRUIT AND MILK IS SERVED EVERY DAY WITH LUNCH.

ALL OF OUR LUNCHES AND AFTERNOON SNACKS ARE PREPARED FRESH DAILY. WE USE FRESH INGREDIENTS AND AVOID USING ULTRA PROCESSED FOODS

