

September Lunch Menu

Pacific Coast Montessori Academy

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ground Turkey Italian Rice Skillet	2 Orange Chicken over Rice with Sweet Green Peas	3 Ground Beef Ragu with Green Beans	4 Cheese Pizza with Organic Baby Carrots
	Homemade Strawberry Muffins	Homemade Granola Bars	All About Me People using Crackers, Cheese and Raisins	Homemade Nut Free Flapjacks
7 SCHOOL CLOSED 	8 Turkey Tacos with Corn	9 Chicken Teriyaki with Broccoli	10 Cook's Choice	11 Homemade Mac and Cheese with Peas and Carrots
	Homemade Mini Oat Cookies with Oranges	Cheddar Cheese Slices and Cucumbers	Banana Parfait with Yogurt	Hummus and Pita Bread
14 Cheese Quesadilla with Fresh Bell Pepper Slices	15 Turkey and Broccoli Stir Fry Over Rice	16 BBQ Chicken with Homemade Mashed Potatoes	17 Beef Enchilada Casserole with Spanish Rice and Green Beans	18 Tomato Soup and Grilled Cheese Sandwich
Bananas & Vanilla Yogurt	Bagel and Cream Cheese	Homemade Granola Bars	Fall Tree with Craisins	Homemade Apple Cinnamon Muffins
21 Spaghetti Marinara with Mixed Vegetables	22 Hot Turkey Sliders with Baby Potatoes	23 Mild Butter Chicken with Rice and Cucumbers	24 Creamy Beef Shells with Sweet Green Peas	25 Bean and Cheese Burritos with Corn
Hummus and Pita Bread	Apple Slices with Vanilla Yogurt	Homemade Mini Oat Cookies with Oranges	School Bus Cheese and Cracker Snack with Fruit	Homemade Raspberry Coconut Mini Loaves
28 Noodle Stir fry with mixed vegetables	29 Cook's Choice	30 Creamy Chicken Pasta with Peas and Carrots		
Homemade Banana Muffins	Homemade Mini Jam Pinwheels	Bagel with Cream Cheese		

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.

