

October Lunch Menu

Pacific Coast Montessori Academy



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Indian Butter Chicken with Corn	2 Cook's Choice	3 Bean and Cheese Burritos with Mixed Veggies
		Wheat Thins & Cheese	Peaches & Ritz	Banana Muffins
6 Turkey Quesadillas with Corn	7 Hot Ham and Cheese Quesadilla with Cucumbers	8 Chicken Fettuccini Alfredo with Mixed Veggies	9 Teriyaki Meatballs with Rice and Broccoli	10 Spaghetti Marinara with Green Beans
Cucumber & Ritz	Bagel with Cream Cheese	Apple Cinnamon Muffins	String Cheese & Bananas	Apple Sauce & Crackers
13 Cook's Choice	14 Ham and Cheese Casserole with Broccoli	15 Creamy Chicken Pasta with Peas	16 Beef Sliders with Corn	17 Grilled Cheese Sandwiches with Carrots
Craisins & Wheat Thins	Peaches & Graham Crackers	Graham Crackers & Apples	Ritz & Cheese	Blueberry Muffins
20 Turkey and Broccoli Stir Fry	21 Ham and Cheese Sandwiches with Bell Peppers	22 BBQ Chicken with Potatoes and Corn	23 Sloppy Joes with Mixed Veggies	24 Baked Ziti with Peas
Bagel with Cream Cheese	Banana Muffins	Apple Sauce & Crackers	Raisins & Wheat Thins	Cucumbers & Cheese
27 Cubed Turkey and Cheese English Muffin Pizza with Carrots	28 Cook's Choice	29 Chicken Noodle Soup with Mixed Veggies	30 Beef Enchilada Cassarole with Spanish Rice and Corn	31 Macaroni and Cheese With Green Beans
Peaches & Graham Crackers	String Cheese & Ritz	Strawberry Muffins	Pineapple Tidbits & Ritz	Apple Sauce & Crackers

FRESH FRUIT IS SERVED EVERY DAY WITH LUNCH

