October Lunch Menu

Pacific Coast Montessori Academy

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