



# Stars Montessori Academy

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Tuna casserole with peas and carrots.  Fresh Fruit	Chicken Noodle Soup with celery, carrots & Peas.  Fresh Fruit	Cheese, Bean and rice Quesadilla and carrots.  Fresh Fruit	Cheese Pizza with Celery.  Fresh Fruit	Spaghetti with meat sauce served with carrots.  Fresh Fruit
10	11	12	13	
Chicken Enchiladas with rice and corn  Fresh Fruit	Ham and Potato Cassarole  Fresh Fruit	Baked tilapia with cheese sause, boiled rice, broccoli and carrots.  Fresh Fruit	Grilled chicken and cheese quesadilla, steamed carrots and corn.  Fresh Fruit	Cheese ravioli served with cauliflower and broccoli.  Fresh Fruit.
17	18	19	20	21
Ground beef stroganoff with carrots and peas.  Fresh Fruit	Grilled Turkey and cheese sandwich with cucumber and tomatoes.  Fresh Fruit.	Fish tacos with lettuce and tomato.  Fresh Fruit	Chicken and egg fried rice with steamed broccoli and peas.  Fresh Fruit	Broccoli and Veggie Soup  Fresh Fruit
24	25	26	27	28
Tuna casserole with peas and carrots.  Fresh Fruit	Chicken Noodle Soup with celery, carrots & Peas.  Fresh Fruit	Cheeseburger sliders with roasted red potatoes and carrots.  Fresh Fruit	Chicken tenders with oven baked tater tots and veggies.  Fresh Fruit	Cheese and tomato homemade pizza with cucumber.  Fresh Fruit
31				
Chicken and dumplings with broccoli and corn.  Fresh Fruit				