

October

Stars Montessori Academy

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Cheeseburger sliders with roasted red potatoes and carrots Fresh Fruit	Sloppy Joes with cucumbers and tomatoes Fresh Fruit	Noodle and cheese casserole with spinach Fresh Fruit	Chicken alfredo with zucchini Fresh Fruit	Parmesan and Spinach Orzo Fresh Fruit
8	9	10	11	12
Grilled chicken quesadillas with corn and carrots Fresh Fruit	Chicken, lettuce and corn tacos Fresh Fruit	Baked fish sticks with brown rice and mixed vegetables Fresh Fruit	Chicken salad sandwiches with pickles and cucumbers Fresh Fruit	Homemade Mac & Cheese with mushrooms Fresh Fruit
15	16	17	18	19
Chicken nuggets with mashed potatoes and mixed vegetables Fresh Fruit	Ham and cheese sliders with tomatoes and pickles Fresh Fruit	Cheesy Noodle and Vegetable Chowder Fresh Fruit	Tukey meatball pasta with mushrooms Fresh Fruit	Cheese pizza with homemade tomato sauce and spinach Fresh Fruit
22	23	24	25	26
Chicken pot pie with mixed vegetables Fresh Fruit	Beef Lo-mein with mixed vegetables Fresh Fruit	Black beans and corn quesadilla Fresh Fruit	Chicken and egg fried rice with steamed broccoli and peas Fresh Fruit	Cheese ravioli served with cauliflower and broccoli Fresh Fruit.
29	30	31	1-Nov	2-Nov
Chicken, avocado and lettuce tortilla wrap Fresh Fruit	Grilled turkey and cheese sandwiches with cucumber and tomatoes Fresh Fruit	Rice and beans burritos with corn Fresh Fruit	Turkey chili with mixed vegetables Fresh Fruit	Crispy potato and cheese tacos with lettuce and tomatoes Fresh Fruit