

- 2023 -

SEPTEMBER

FRIDAY

1

No School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Go Like the Wind Montessori

Breakfast and Lunch FREE for
4 year-old Primary and K-6
Students. 3 year-old Primary
Students Will Receive a Free
Breakfast and May Purchase
Lunch.

Lunch \$1.50

Breakfast includes Milk, Fruit
and Juice

M – Cereal Bar and Mixed Fruit

T – Yogurt and Pears

W - Bagel/Cream Cheese and Banana

Th – Wg Muffin and Applesauce

F – Wg Cereal and Berries

Lunch includes Milk

Available as an alternative to our main
Entrée,

One offered each day:

Soy Butter & Jelly

Deli Sandwich

Charcuterie Boxes

Nacho & Cheese

Fresh Salad

4

No School

5

Hamburger on Wg
Bun
Cheese, Lettuce
Sweet Tater Tots
Mixed Fruit

6

Sweet & Sour Chicken
Rice Pilaf
Steamed Corn
Blueberries

7

Grilled Cheese
Baked Beans
Sun Chips
Cucumber Slices
Clementines

8

Big Daddy Pizza
Cheese or Pepperoni
Fresh Salad
Broccoli Bites
100% Fruit Slushie

11

Mini Corndogs
Baked Beans
Red Peppers
Fresh Kiwi

12

Chicken Drumstick
Mashed Potato/Gravy
Tasty Breadsticks
Peaches

13

Chocolate Chip
French Toast
Sausage Links
Corn
Fresh Grapes

14

Macaroni & Cheese
Broccoli
Wg Rolls
Watermelon

15

French Bread Pizza or
Pizza Crunchers
Fresh Salad
Red Peppers
100% Fruit Smoothie

18

Chicken Patty on
Wg Bun
Cheese, Lettuce
Steamed Peas
Orange Slices

19

Hot Dog on Wg Bun
Smile Fries
Broccoli Bites
Apple Slices

20

Chicken and Waffles
Fresh Salad
Cherry Tomatoes
Strawberries

21

Walking Tacos- Beef
Cheese, Lettuce,
Tomato
Fiesta Beans
Corn
Cherry Craisins

22

Domino's Pizza
Fresh Salad
Carrot Sticks
100% Fruit Slushie

25

Hamburger on Wg
Bun
Cheese, Lettuce
Baked Beans
Corn
Pears

26

Chicken Tenders
Rice Pilaf
Fresh Salad
Mandarin Oranges

27

Yogurt Meal
Green Beans
Cherry Tomato
Cheese Stick
Scooby Doo Grahams
Blueberries

28

Salisbury Steak
Mashed Potato/Gravy
Steamed Carrots
Wg Roll
Pineapple

29

Big Daddy Pizza
Cheese or Pepperoni
Steamed Corn
Broccoli Bites
100% Fruit Slushie