

- 2023 -

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 a lunch for \$1.50.

Breakfast includes Milk, Fresh Fruit/Juice

- M- Cereal
- T- Wg Muffins
- W- Yogurt/Cheese Stick
- Th- Bagel/Cream Cheese
- Fri- Cereal

Lunch includes Milk,* Fresh Fruit & *Vegetables

***Season available Fresh Fruit & Veggies:** Apples, Oranges, Peaches, Pear, Banana Watermelon, Strawberries, Cucumbers, Cauliflower, Carrots, Peppers, Salad, Cherry Tomato

Please sign-up your student for breakfast and lunch so the kitchen staff can prepare enough meals. Sign-up is available through Karen's weekly update.

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2	3	4	5	6
Mini Corndogs Baked Beans Vegetables Fresh Fruit	Chicken Drumstick Mashed Potatoes Breadstick Fresh Fruit	Breakfast for Lunch Omelet Hash Browns Green Bean Fresh Fruit	Macaroni & Cheese Wg Roll Vegetable Fresh Fruit	Pizza Friday Vegetable Fresh Fruit
9	10	11	12	13
Chicken Patty on Wg Bun Sweet Tater Tots Fresh Fruit	Hot Dogs on Wg Bun Steamed Corn Fresh Fruit	Chicken & Waffles Carrots/Hummus Fresh Fruit	Soft Shell Beef Taco Refried Beans Fresh Fruit	NO SCHOOL
16	17	18	19	20
NO SCHOOL	Hamburger on Wg Bun Baked Beans Fresh Fruit	Chicken Tenders Wg Roll Vegetable Fresh Fruit	Soy butter & Jelly Cheese Stick Carrots/Hummus Fresh Fruit	Pizza Friday Vegetable Fresh Fruit
23	24	25	26	27
Hot Dog on Wg Bun Baked Beans Fresh Fruit	Chicken Nuggets Smile Fries Fresh Fruit	Mini Pancakes Sausage Veggie Juice Fresh Fruit	Salisbury Steak Mashed Potatoes Wg Roll Fresh Fruit	Pizza Friday Vegetable Fresh Fruit
30	31			
Hamburger on Wg Bun Tater Tots Fresh Fruit	Halloween! Chicken Witch Sticks Monster Mashed Potatoes Bat Rolls Fresh Fruit			