

September 2023

Go Like the Wind Montessori School Menu

Friday, September 1: No School

Monday, September 4: No School

Tuesdays, September 5: Hamburger on Wg Bun Cheese, Lettuce Sweet Tater Tots Mixed Fruit

Wednesday, September 6: Sweet & Sour Chicken Rice Pilaf Steamed Corn Blueberries

Thursday, September 7: Grilled Cheese Baked Beans Sun Chips Cucumber Slices Clementines

Friday, September 8: Big Daddy Pizza Cheese or Pepperoni Fresh Salad Broccoli Bites 100% Fruit Slushie

Monday, September 11: Mini Corndogs Baked Beans Red Peppers Fresh Kiwi

Tuesdays, September 12: Chicken Drumstick Mashed Potato/Gravy Tasty Breadsticks Peaches

Wednesday, September 13: Chocolate Chip French Toast Sausage Links Corn Fresh Grapes

Thursday, September 14: Macaroni & Cheese Broccoli Wg Rolls Watermelon

Friday, September 15: French Bread Pizza or Pizza Crunchers Fresh Salad Red Peppers 100% Fruit Smoothie

Monday, September 18: Chicken Patty on Wg Bun Cheese, Lettuce Steamed Peas Orange Slices

Tuesday, September 19: Hot Dog on Wg Bun Smile Fries Broccoli Bites Apple Slices

Wednesday, September 20: Chicken and Waffles Fresh Salad Cherry Tomatoes Strawberries

Thursday, September 21: Walking Tacos - Beef Cheese, Lettuce, Tomato Fiesta Beans Corn Cherry Craisins

Friday, September 22: Domino's Pizza Fresh Salad Carrot Sticks 100% Fruit Slushie

Monday, September 25: Hamburger on Wg Bun Cheese, Lettuce Baked Beans Corn Pears

Tuesday, September 26: Chicken Tenders Rice Pilaf Fresh Salad Mandarin Oranges

Wednesday, September 27: Yogurt Meal Green Beans Cherry Tomato Cheese Stick Scooby Doo Grahams Blueberries

Thursday, September 28: Salisbury Steak Mashed Potato /Gravy Steamed Carrots Wg Roll Pineapple

Friday, September 29: Big Daddy Pizza Cheese or Pepperoni Steamed Corn Broccoli Bites 100% Fruit Slushie

This institution is an equal opportunity provider. Menu Subject to Change Depending on Availability of Food Items

FREE LUNCH for 4 year –old Primary and K -6 Students

3 year -old Primary Students May Purchase Lunch for \$1.50

Lunch Includes a Milk

Daily Lunch Alternatives

One offer each day

Soy Butter & Jelly

Deli Sandwich

Charcuterie Boxes

Nacho & Cheese

Fresh Salad

NEWS

Free Breakfast for 3 year –old Primary and K -6 Students

Breakfast Includes a Milk and Fruit or Juice

Weekly Breakfast Menu

Monday – Cereal Bar and Mixed Fruit

Tuesday – Yogurt and Pears

Wednesday - Bagel/Cream Cheese and Banana

Thursday – Wg Muffin and Applesauce

Friday – Wg Cereal and Berries