

Go Like the Wind Montessori School

October Menu

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

Monday- Cereal

Tuesday- WG Muffins

Wednesday- Yogurt/Cheese Stick

Thursday- Bagel/Cream Cheese

Friday- 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.

October 2: Mini Corndogs Baked Beans Red Peppers Fresh Kiwi

October 3: Chicken Drumstick Mashed Potato/Gravy Breadsticks Plums

October 4: Breakfast for Lunch Omelet Hash Browns Cherry Tomato Green Beans Blueberries

October 5: Macaroni & Cheese Steamed Broccoli Wg Rolls Orange Slices

October 6: French Bread Pizza or Pizza Crunchers Fresh Mixed Salad Cucumber Slices 100% Fruit Slushie

October 9: Chicken Patty on Wg Bun Lettuce, Cheese, Tomato Sweet Potato Tots Steamed Peas Country Apples

October 10: Hot Dogs/Chili Dogs on Wg Bun French Fries Corn Pineapple

October 11: Chicken & Waffles Fresh Salad Carrots/Hummus Fresh Grapes

October 12: Soft Shell Beef Taco Refried Beans Cheese, Lettuce Fresh Broccoli Cherry Craisins

October 13: No School

October 16: No School

October 17: Hamburger on Wg Bun Baked Beans Romaine Salad Mandarin Oranges

October 18: Chicken Tenders Rice Pilaf Green Beans Wg Roll Apple Slices

October 19: Yogurt/Muffins Cheese Stick Steamed Corn Carrots/Hummus Strawberries

October 20: Big Daddy Pizza Fresh Salad Red Peppers 100% Fruit Slushie

October 23: Hot Dogs on Wg Bun Baked Beans Cucumbers Wg Chips Peas

October 24: Chicken Nuggets Smile Fries Broccoli Cinnamon Apples

October 25: Mini Pancakes Sausage Green Beans Veggie Juice Strawberries

October 26: Salisbury Steak Mashed Potato/Gravy Wg Rolls Peaches

October 27: Domino's Pizza Fresh Salad Carrots/Hummus 100% Fruit Slushie

October 30: Hamburger on Wg Bun Tater Tots Fresh Peppers Tropical Fruit

October 31: Halloween!!! Chicken Witch Sticks Monster Mashed Potato/Gravy Bat Rolls Witch's Brew Juice Apples Witch's Treat

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.