

SEPTEMBER | 2024



Go Like the Wind Montessori

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Wg Mini Pancakes Sausage Links Green Beans Blueberries	4 Hamburger on Wg Bun Tater Tots Fresh Grapes	5 Walking Taco-Beef Cheese Refried Beans Watermelon	6 French Bread Cheese Pizza Cherry Tomato Mandarin Oranges
9 Mini Corndogs Steamed Corn Country Apples	10 Chicken Drumstick Redskin Potatoes Graham Cracker Pineapple	11 Soy Butter & Jelly Cheese Stick Wg Crackers Cucumber Slices Strawberries	12 Macaroni & Cheese Steamed Broccoli Wg Breadstick Fresh Peach	13 Domino's Pizza Red Peppers Orange Slices
16 Hot Dog on Wg Bun Smile Fries Broccoli Bites Fresh Kiwi	17 Chicken Tenders Texas Beans Wg Cracker Cinnamon Apples	18 Grilled Cheese Celery/Dip Wg Sun chips Fresh Cantaloupe	19 Salisbury Steak Mashed Potato/Gravy Wg Rolls Watermelon	20 Wg Cheese Pizza Carrot Sticks Pineapple
23 Hamburger on Wg Bun Sweet Tater Tots Strawberries	24 Sweet & Sour Chicken Rice Pilaf Malibu Vegetables Peaches	25 Chicken & Cheese Quesadilla Refried Beans Steamed Corn Mixed Fruit	26 Spaghetti & Meat Sauce Steamed Peas Mini Garlic Toast Fresh Pears	27 Domino's Pizza Broccoli Bites Plums
30 Chicken Nuggets Cucumber Slices Wg Cracker Blueberries	1 Cheese Omelet Hash Browns Wg Muffin Strawberry Cup	2 <u>Deli Day</u> Turkey Subs Cheese Stick Cherry Tomato Watermelon	3 Chicken Taco on Soft Shell Cheese Fiesta Beans Cinnamon Apples	4 French Bread Pepperoni Pizza Carrot Sticks Mandarin Oranges

News

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 Fresh Fruit & Juice and Milk (White)

M - Cereal
T - Yogurt
W - Bagel/Cream Cheese
Th - Corn Bread
Fri - Breakfast Bar

Lunch includes Milk (white)
*Fresh Fruit & Vegetables

*Seasonal fresh fruits & veggies available:

Apples, Oranges, Peaches, Pears, Banana, Watermelon, Strawberries, Cucumbers, Cauliflower, Carrots, Peppers