

Quad City Montessori School

October 2008 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mac & Cheese Whole Wheat Roll Mandarin Oranges Fresh Carrots & Dip Milk	2 Spaghetti & Meatballs Garlic Toast Spinach/Craisen Salad Milk	3 Cheese Pizza Fresh Bananas Fresh Broccoli & Dip Vanilla Ice Cream Cup Milk	4
5	6 Chicken Strips Tater tots Fresh Orange Slices Fresh Veggie Salad Milk	7 Bar-B-Q Meatballs Corn on the Cob Pears Whole Wheat Roll Milk	8 Cheese Ravioli Green Beans Apple Sauce Garlic Cheese Bread Milk	9 Sweet & Sour Chicken Fried Rice Veggie Egg Roll Pineapple chunks Milk	10 Cheese Pizza Fresh Fruit Salad Carrots/Celery w/ Dip Brownies Milk	11
12	13 Tomato Soup String Cheese Fresh Bananas Biscuits w/ Butter Milk	14 Hot Dog on Bun Cottage Cheese Peaches Carrots & Dip Milk	15 Chicken Patties Orange Slices Baked Beans Cookies Milk	16 Beef & Bean Nachos w/ Cheese Sauce Lettuce, Tomato, Salsa Corn Chips Milk	17 Cheese Pizza Fresh Grapes Vanilla Ice Cream Cups Tossed Salad Milk	18
19	20 Orange Chicken Fried Rice Crab Rangoon Fresh Sliced Apples Milk	21 Mac & Cheese French Cut Green Beans Apple Sauce Whole Wheat Roll Milk	22 Chicken Strips Mashed Potatoes & Gravy; Corn Orange Slices Milk	23 Spaghetti & M-balls Spinach/Craisen Salad Green Grapes Milk	24 Cheese Pizza Fresh Broccoli & Carrots w/ Dip Chocolate Pudding Apples; Milk	25
26	27 Corn Dogs Tater tots Fresh Grapes Mixed Veggie Salad Milk	28 Chicken Soft Taco w/ lettuce, tomato, & cheese Corn Chips & Salsa Peaches Milk	29 Cheese Ravioli French Cut Green Beans Garlic Toast Apple Sauce Milk	30 Sweet & Sour Chicken Fried Rice Veggie Egg Roll Orange Slices Milk	31 Cheese Pizza Fresh Fruit Salad Peas Brownies Milk	

Building the foundation for a lifetime of creative learning