

# MONTESSORI REGIONAL CHARTER SCHOOL OCTOBER MENU 2021



**ALL STUDENTS RECEIVE A FREE BREAKFAST AND LUNCH MEAL.**

### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



### Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings

\*Fruits may include:  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose one 1/2 cup serving

### Milk Choices Offered Daily

Fat Free Chocolate and Fat Free White

This institution is an equal opportunity employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<p><b>Oct 4</b> <u>Breakfast</u> Chocolate Chip Muffin Juice / Fruit / Milk <u>Lunch</u> Hot Ham &amp; Cheese Stuffer Steamed Carrots Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Chicken Patty on a Bun Turkey &amp; Cheese Wrap</p>	<p><b>Oct 5</b> <u>Breakfast</u> Pop Tart &amp; Mini Loaf Juice / Fruit / Milk <u>Lunch</u> Soft Taco with Beef &amp; Cheese Buttery Corn Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Smith's Hot Dog on a Bun Entrée Salad with Bread Slice</p>	<p><b>Oct 6</b> <u>Breakfast</u> Super Donut &amp; Crackers Juice / Fruit / Milk <u>Lunch</u> Crispy Chicken Nuggets w/ Bread Fresh Baked French Fries Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Cheeseburger on a Bun Ham &amp; Cheese Munchable</p>	<p><b>Oct 7</b> <u>Breakfast</u> Goody Ring Juice / Fruit / Milk <u>Lunch</u> Orange Kiss Chicken Bowl Steamed Broccoli Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Grilled Cheese Sandwich Entrée Salad with Bread Slice</p>	<p><b>Oct 8</b> <u>Breakfast</u> Assorted Breakfast Bars Juice / Fruit / Milk <u>Lunch</u> BBQ Rib on a Bun Mixed Vegetables Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Cheese or Pepperoni Pizza Turkey &amp; Cheese Sandwich</p>
<p><b>Oct 11</b> <u>No School</u></p>	<p><b>Oct 12</b> <u>Breakfast</u> Cinnamon Roll Juice / Fruit / Milk <u>Lunch</u> Grilled Cheese Sandwich &amp; Tomato Soup Sweet Peas Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Smith's Hot Dog on a Bun Entrée Salad with Bread Slice</p>	<p><b>Oct 13</b> <u>Breakfast</u> Mini Pancakes Juice / Fruit / Milk <u>Lunch</u> Chicken Quesadilla Green Beans Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Cheeseburger on a Bun BYO Pizza Munchable <i>Pudding Cup Dessert</i></p>	<p><b>Oct 14</b> <u>Breakfast</u> Yogurt &amp; Mini Loaf Juice / Fruit / Milk <u>Lunch</u> French Toast Sticks w/ Sausage Crispy Tater Tots Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Grilled Cheese Sandwich Entrée Salad with Bread Slice</p>	<p><b>Oct 15</b> <u>Breakfast</u> Assorted Breakfast Pastries Juice / Fruit / Milk <u>Lunch</u> Crispy Chicken Bacon Ranch Wrap Sweet Corn Assorted Fruit &amp; Milk Choice <u>Alternate lunch Selections:</u> Cheese or Pepperoni Pizza Ham &amp; Cheese Sandwich</p>
	 <p><b>Peanut Butter &amp; Jelly Sandwich Available Daily</b></p>	<p><b>MENUS SUBJECT TO CHANGE DUE TO SUPPLY CHANGE SHORTAGES</b></p>		

