

OCTOBER | 2024



Go Like the Wind Montessori

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 Chicken Nuggets Cucumber Slices Tropical Fruit	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
7 WG Mini Pancakes Sausage Links Green Beans Blueberries	8 Hamburger on WG Bun Tater Tots Fresh Grapes	9 Beef Nacho Supreme Cheese Refried Beans Watermelon	10 Dominos Cheese Pizza Red Peppers Pears	11 NO SCHOOL
14 NO SCHOOL	15 Chicken Drumstick Redskin Potatoes Pineapple	16 Soy Butter & Jelly Cheese Stick Wg Cracker Cucumber Slices Strawberries	17 Macaroni & Cheese Steamed Broccoli Peaches	18 WG Pepperoni Pizza Carrot Sticks Tropical Fruit
21 Hot Dog on WG Bun Smile Fries Fresh Kiwi	22 Chicken Tenders Texas Beans Cinnamon Apples	23 Grilled Cheese Celery Sticks Cantaloupe	24 Salisbury Steak Mashed Potato/Gravy WG Rolls Watermelon	25 Dominos Cheese Pizza Red Peppers Fresh Green Grapes
28 Hamburger on WG Bun Sweet Tater Tots Strawberries	29 Sweet & Sour Chicken Rice Pilaf Malibu Vegetables Peaches	30 Cheese Quesadilla Refried Beans Mixed Fruit	31 Hot Dog Mummies Vampire Veggie Sticks WG Cracker Fresh Apple Slices	1 French Bread Pepperoni Pizza Cherry Tomato Orange Slices

News

FREE Breakfast and Lunch 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 fruit, 100% juice and 1% low-fat milk (white)

**M - Cereal
 T – Wg Muffin
 W - Bagel/Jelly
 Th – Yogurt
 Fri – Cereal Bar**

Lunch includes 1% low-fat milk (white), *fresh fruits & veggies

***Season Available Fresh Fruit & Veggies:** Apples, Oranges, Peaches, Pears, Banana, Watermelon, Strawberries, Cucumbers, Cauliflower, Carrots