



October Lunch Menu

Belltower Montessori Academy



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Cheese Sandwiches with Carrots
				Hummus & Cucumber
4 Turkey Meatloaf with Green Beans	5 Ham and Cheese Wraps with Celery	6 Chicken Fried Rice with Peas & Carrots	7 Beef Taquitos with Corn & Spanish Rice	8 Cheese Pizza with Carrots
Popcorn & Craisens	Blueberry Muffins	Applesauce & Pretzels	Pita Triangles with Hummus	Yogurt & Graham Crackers
11 Hot Turkey and Cheese Sliders with Cucumbers	12 Cook's Choice	13 Chicken and Cheese Tacos with Corn & Salsa	14 Beef Sliders with Sweet Potato Fries	15 Cheese Quesadilla with Corn & Salsa
Apples & Sun Butter	Banana Muffins	Popcorn & Craisens	Bagels w/cream cheese	Hummus & Cucumber
18 Turkey and Cheese Wraps with Carrots	19 Fish Sticks w/ Green Beans	20 Chicken Pasta Salad	21 Beef Enchilada Casserole with Corn	22 Baked Ziti with Broccoli
Blueberry Muffins	Cheese Cubes and Ritz	Applesauce & Pretzels	Pita Triangles with Hummus	Yogurt & Graham Crackers
25 Roasted Turkey with Macaroni & Cheese & Broccoli	26 Hot Ham and Cheese Sliders with Carrots	27 Chicken Tenders With Mashed Potatoes & Peas	28 Cook's Choice	29 Bean and Cheese Burritos with Corn & Salsa
Apples & Sun Butter	Banana Muffins	Popcorn & Craisens	Bagels w/cream cheese	Hummus & Cucumber

FRESH FRUIT IS SERVED EVERY DAY WITH LUNCH

