

**Allef Montessori Community School  
October 2024 Lunch**

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Oct - 7</p> <p>Cheese Burger Seasoned Fries Cherry tomatoes Mixed Salad Fresh Fruit Milk, 1% or Fat Free Ketchup Ranch Dressing Mayonnaise</p> <p>Oct - 14</p>  <p>Oct - 21</p> <p>Chicken Nuggets Macaroni &amp; Cheese Mixed Salad Cherry tomatoes Fresh Fruit Milk, 1% or Fat Free Ketchup</p> <p>Oct - 28</p> <p>Cheese Burger Seasoned Fries Cherry tomatoes Mixed Salad Fresh Fruit Milk, 1% or Fat Free Ketchup Ranch Dressing Mayonnaise</p>	<p>Oct - 1</p> <p>Fish Sticks Macaroni &amp; Cheese Seasoned Green Beans Sweet Corn &amp; Pepper Blend Mixed Fruit Milk, 1% or Fat Free Ketchup Tartar Sauce</p> <p>Oct - 8</p> <p>Fish Sticks Macaroni &amp; Cheese Seasoned Green Beans Baked Beans Mixed Fruit Milk, 1% or Fat Free Ketchup Tartar Sauce</p> <p>Oct - 15</p> <p>Crispy Baked Chicken Mashed Potatoes Coleslaw Hot Roll Mixed Fruit cup Milk, 1% or Fat Free Gravy</p> <p>Oct - 22</p> <p>Chicken &amp; Gravy Brown Rice Seasoned Green Beans &amp; Carrots Wheat Bread Peach slices Milk, 1% or Fat Free</p> <p>Oct - 29</p> <p>Fish Sticks Macaroni &amp; Cheese Seasoned Green Beans and Carrots Mixed Fruit Milk, 1% or Fat Free Ketchup Tartar Sauce</p>	<p>Oct - 2</p> <p>Stir Fry Noodles Normandy Vegetables Garbanzo Beans Hot Roll Peach slices Milk, 1% or Fat Free</p> <p>Oct - 9</p> <p>Chicken/Cheese Quesadilla Spanish Rice Black beans Sweet Corn &amp; Pepper Blend Peach slices Milk, 1% or Fat Free Mild Taco Sauce</p> <p>Oct - 16</p> <p>Chicken Alfredo Noodles Normandy Vegetables Garbanzo Beans Garlic Bread Stick Watermelon Craisins Milk, 1% or Fat Free</p> <p>Oct - 23</p> <p>Stir Fry Noodles Normandy Vegetables Garbanzo Beans Hot Roll Peach slices Milk, 1% or Fat Free</p> <p>Oct - 30</p> <p>Chicken Chili Crispito Spanish Rice Sweet Corn &amp; Pepper Blend Pinto Beans Peach slices Milk, 1% or Fat Free</p>	<p>Oct - 3</p> <p>Chicken Fajita Taco Spanish Rice Refried Beans Mixed Salad Mixed Fruit Milk, 1% or Fat Free Shredded Cheese Mild Taco Sauce</p> <p>Oct - 10</p> <p>Cheese Pizza Baby Carrots Cucumber Slices Mixed Salad Fresh Fruit Milk, 1% or Fat Free Ranch Dressing</p> <p>Oct - 17</p> <p>Chicken Fajita Taco Spanish Rice Mixed Salad Refried Beans Mixed Fruit Milk, 1% or Fat Free Shredded Cheese Mild Taco Sauce</p> <p>Oct - 24</p> <p>Chicken Fajita Taco Spanish Rice Mixed Salad Refried Beans Mixed Fruit Milk, 1% or Fat Free Shredded Cheese Mild Taco Sauce</p> <p>Oct - 31</p> <p>Turkey Lasagna Garbanzo Beans Mixed Salad Watermelon Craisins Garlic Bread Stick Milk, 1% or Fat Free Ranch dressing</p>	<p>Oct - 4</p> <p>Turkey &amp; Cheese Sandwich Seasoned Tater Tots Celery Sticks Fresh Fruit Milk, 1% or Fat Free Ranch Dressing Ketchup Mayonnaise</p> <p>Oct - 11</p> <p>Staff Development</p> <p>Oct - 18</p> <p>Turkey Ham, Egg Salad Sandwich Baby Carrots Celery Sticks Fresh Fruit Milk, 1% or Fat Free Ranch Dressing</p> <p>Oct - 25</p> <p>Cheese Pizza Baby Carrots Cucumber Slices Fresh Fruit Milk, 1% or Fat Free Ranch Dressing</p>

*Menu subject to change.*

*This institution is an equal opportunity provider.*

