



Montessori House for Children School Menu October--2017

Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit	Grilled Cheese Sandwich, Roasted Red Potato, Steamed Broccoli, Fresh Cut Fruit	Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit	Grass-fed Beef Shepherd's Pie Casserole, Sourdough Bread, Oven Roasted Yellow Squash, Fresh Cut Fruit	Chicken Fingers, Roasted Red Potatoes, Creamed Spinach, Fresh Cut Fruit
Grilled Tofu	Grilled Cheese Sandwich	Grilled Tofu	Vegetable Shepherd's Pie	Vegetarian
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Mashed Potatoes with Cheddar Cheese, Baked Chicken Breast, Oven Roasted Carrots, Fresh Cut Fruit	Turkey and Cheese Wrap, Fresh Cucumbers with House Made Ranch Dressing, Fresh Cut Fruit	Grass-fed Beef Sloppy Joe's with Jack Cheese, Oven Roasted Potatoes, Fresh Buttered Corn on Cob, Fresh Cut Fruit	Turkey Meat Sauce with Penne Pasta, Fresh Green Beans and Carrots, Fresh Cut Fruit	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
Grilled Tofu FULL DAY STUDENTS ONLY	Grilled Vegetable Wrap	Boca Burger Sloppy Joe's	TVP & Black Beans in Marinara Sauce	Baked Cheese Sticks
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Macaroni and Cheese, Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit	Grass-fed Beef Meat Loaf, Mashed Potatoes, Sautéed Green Beans & Carrots, Fresh Cut Fruit	Chicken and Cheese Quesadillas, Brown Rice, Black Beans, Sour Cream, Fresh Cut Fruit	Grilled Turkey and Cheese Sandwich, Roasted Red Potato, Steamed Broccoli, Fresh Cut Fruit	Cheese Pizza, Fresh Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
Grilled Tofu	Veggie Meatloaf	Cheese Quesadilla	Veggie Turkey Sliced	Veggie Tamales
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
BBQ Beef Slider, Baked Beans, Fresh Corn on Cob, Fresh Cut Fruit	Turkey and Cheese Croissant Sandwich, Broccoli Pasta Salad, Sliced Cucumbers, Fresh Cut Fruit	Farfalle Pasta with Alfredo Sauce, Baked Chicken Breast, Roasted Carrots, Fresh Cut Fruit	Turkey Kielbasa & Rice Casserole, Vegetable Medley, Fresh Baked Baguette, Fresh Cut Fruit	Chicken Fingers, Roasted Red Potatoes, Creamed Spinach, Fresh Cut Fruit
BBQ Boca Burger Slider	Assorted Cheese Croissant Sandwich	Grilled Tofu	Veggie Sausage & Rice Casserole	Baked Cheese Sticks EXT DAY - EARLY RELEASE
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Grass-fed Beef Chili with Cheddar Cheese, House Made Corn Bread, Oven Roasted Carrots, Fresh Cut Fruit	Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit			
TVP Chili With Kidney Beans	Grilled Tofu			

We have Vegetarian, Gluten Free, Dairy Free & No Beef options.

Price: Regular - \$4.25/Meal, Large - \$4.50/meal
***Vegetarian Option**

Online Ordering @ www.thesimplyfreshkitchen.com. Click on 'Account' in the top navigation bar and select 'Montessori House for Children Payment'. Enter the Name of the student. Select 'Class' in drop-down. Select 'Dietary Restrictions' if applicable. For each 'Date' you would like to order, select the 'Drop Down Item' Regular or Large. Click 'Add to Cart'. Enter billing info and 'Submit Order'.

ALL ORDERS ARE DUE BY 9/25/2017