

Lunch orders must be placed through Lunch Direct by Wednesday for the following week.

OCTOBER 2018

MONTESSORI HOUSE

Lunches Provided By:
Roadrunner Foods
(p) 281-565-7902
(f) 281-565-7904
RoadrunnerFoodService.com

Monday

1

Oven Baked Chicken Tenders
Steamed White Rice w/ Gravy
Organic Buttered Corn
Organic Seasonal Fresh Fruit

V: Veggie Nuggets

Tuesday

2

Penne Pasta w/ Ground Turkey
Meatsauce & Fresh Mozzarella Cheese
Organic Sweet Peas
Artisan Wheat Roll
Organic Seasonal Fresh Fruit

V: Penne Pasta w/ Marinara Sauce

Wednesday

3

Chicken & Cheese Quesadilla
Spanish Rice
Refried Beans
Organic Seasonal Fresh Fruit

V: Bean & Cheese Roll-Ups

Thursday

4

Grilled Turkey & Cheddar Cheese
Sandwich
Oven Roasted Red Potatoes
Organic Mixed Veggies
Organic Seasonal Fresh Fruit

V: Grilled Cheese

Friday

5

Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

8

Grilled Chicken Teriyaki Fried Rice w/
Mixed Veggies
Organic Steamed Edamame
Artisan Wheat Roll
Organic Seasonal Fresh Fruit

V: Veggie "Chicken" Teriyaki Fried Rice

9

Curried Turkey Couscous w/ Celery &
Raisins
Sliced Pita Bread
Organic Seasonal Fresh Fruit

V: Veggie "Chicken" Couscous

10

Creamy Fettuccine Alfredo w/ Grilled
Chicken
Organic Oven Roasted Baby Carrots
Artisan Wheat Roll
Organic Seasonal Fresh Fruit

V: Fettuccine Alfredo

11

Parmesan Crusted Tilapia over Steamed
White Rice
Organic California Veggie Blend
Artisan Wheat Roll
Organic Seasonal Fresh Fruit

V: Grilled Cheese

12

Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

Breakfast for Lunch

15

Pancakes w/ Jelly
Potatoes O'Brien
Turkey Sausage
Organic Seasonal Fresh Fruit

V: Veggie Sausage Patty

16

Macaroni & Cheese w/ Grilled Chicken
Organic Sweet Peas
Artisan Wheat Roll
Organic Seasonal Fresh Fruit

V: Macaroni & Cheese

17

Ground Turkey Sloppy Joe
Sweet Potato Fries
Organic Buttered Corn
Organic Seasonal Fresh Fruit

V: Sloppy Joe w/ Veggie "Meat"

18

Oven Baked Chicken Leg
Loaded Mashed Potatoes
Organic Mixed Veggies
Organic Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

19

Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

22

Oven Roasted Chicken Breast over
Mashed Potatoes
Organic Mixed Veggies
Wheat Roll
Organic Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

23

Cheese Burger on a Wheat Bun
Oven Roasted Red Potatoes
Organic Normandy Veggie Blend
Organic Seasonal Fresh Fruit

V: Grilled Cheese

24

Oven Baked Chicken Tenders
Cheesy Broccoli Rice
Organic Sweet Peas
Organic Seasonal Fresh Fruit

V: Veggie Nuggets

25

Cheesy Pasta Primavera
Organic Oven Roasted Baby Carrots
Artisan Wheat Roll
Organic Seasonal Fresh Fruit

26

Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

29

Pancakes w/ Jelly
Potatoes O'Brien
Turkey Sausage
Organic Seasonal Fresh Fruit

V: Veggie Sausage Patty

30

BBQ Chicken Sandwich on a Whole
Wheat Bun
Shoe String Fries
Organic Buttered Corn
Organic Seasonal Fresh Fruit

V: Veggie Burger

31

Beef Meatballs w/ Brown Gravy over Egg
Noodles
Organic Green Beans
Homemade Cornbread
Organic Seasonal Fresh Fruit

V: Veggie Meatballs w/ Marinara Sauce

SIGN UP NOW TO ORDER SCHOOL LUNCHES!

WWW.LUNCHDIRECT.COM

SCHOOL CODE: **206250**

*****NEW ALTERNATIVE MENU*****

Each day your child will get a choice between two alternative entrées.
Either **A: Grilled Cheese** or **B: Toasted Turkey & Cheese Sandwich**.

These alternative items will replace the entrée for the day; all sides will remain the same.

***Organic vegetables & fruit are subject to change due to quality, freshness, and availability. All substitutes will remain organic.