

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

OCTOBER 2020

MONTESSORI HOUSE FOR CHILDREN

Lunches Provided By:

Roadrunner Foods

(p) 281-565-7902

(f) 281-565-7904

RoadrunnerFoodService.com

Monday

Tuesday

Wednesday

Thursday

Friday

5
Chicken Fajita Tacos w/ Bell Peppers & Monterey Jack Cheese
Spanish Rice
Refried Beans
Organic Seasonal Fresh Fruit
V: Cheese Quesadilla

6
Ground Beef Sloppy Joes
Sweet Potato Fries
Organic Buttered Corn
Organic Seasonal Fresh Fruit
V: Veggie "Meat" Sloppy Joe

7
Parmesan Crusted Tilapia
Cheesy Broccoli Rice
Organic Sweet Peas
Organic Seasonal Fresh Fruit
V: Veggie Nuggets

1
BBQ Baked Chicken Legs
Loaded Mashed Potatoes
Organic Green Beans
Organic Seasonal Fresh Fruit
V: Cheesy Broccoli & Rice Casserole

2
Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

FULL DAY STUDENTS ONLY! 12
Chicken Teriyaki Fried Rice w/ Mixed Veggies
Organic Crinkle Cut Carrots
Wheat Roll
Organic Seasonal Fresh Fruit
V: Veggie "Chicken" Fried Rice

13
Turkey & Cheese Croissant
Italian Pasta Salad w/ Organic Diced Tomatoes, Celery, & Fresh Parmesan
Organic Seasonal Fresh Fruit
V: Sunbutter & Jelly Croissant

14
Southwest lentils w/ Turkey Sausage & Steamed White Rice
Organic Sweet Peas
Baked Pears
V: Southwest Lentils over Steamed Rice

8
Baked Ziti w/ Beef Sauce & Fresh Mozzarella
Wheat Roll
Organic Mixed Veggies
Organic Seasonal Fresh Fruit
V: Baked Ziti (no meat)

9
Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

15
Chicken Pasta Primavera
Organic Buttered Corn
Wheat Roll
Organic Seasonal Fresh Fruit
V: Pasta Primavera

16
Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

19
Buttermilk Pancakes w/ Agave Syrup
Potatoes O' Brien
Turkey Sausage Patty
Organic Seasonal Fresh Fruit
V: Veggie "Sausage" Patty

20
Macaroni & Cheese w/ Diced Chicken
Wheat Roll
Organic Mixed Veggies
Organic Seasonal Fresh Fruit
V: Macaroni & Cheese

21
Beef Cheeseburger
Veggie Baked Beans
Organic Buttered Corn
Organic Seasonal Fresh Fruit
V: Veggie Burger

22
Oven Baked Chicken Tenders
Potatoes Au Gratin
Organic Green Beans
Organic Seasonal Fresh Fruit
V: Veggie Nuggets

23
Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

26
Spaghetti w/ Beef Meatballs
Organic Crinkle Cut Carrots
Wheat Roll
Organic Seasonal Fresh Fruit
V: Spaghetti w/ Veggie "Meat" Sauce

27
Parmesan Crusted Tilapia
Mashed Potatoes
Organic Mixed Veggies
Organic Seasonal Fresh Fruit
V: Veggie Nuggets

28
Ground Beef Soft Tacos w/ Monterey Jack Cheese
Spanish Rice
Refried Beans
Organic Seasonal Fresh Fruit
V: Bean & Cheese Roll-Ups

29
Fettuccine Alfredo w/ Grilled Chicken
Organic Oven Baked Baby Carrots
Wheat Roll
Organic Seasonal Fresh Fruit
V: Fettuccine Alfredo

30
Oven Baked Cheese Pizza
Mixed Greens Salad w/ Ranch
Organic Seasonal Fresh Fruit

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.

All menu items are subject to change without notice due to availability, freshness, and quality of ingredients