

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

NOVEMBER 2021

MONTESSORI HOUSE FOR CHILDREN

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

Monday

BREAKFAST FOR LUNCH! 1

Buttermilk Waffles w/ Agave Syrup
 Oven Baked Chicken Tenders
 Potatoes O'Brien w/Organic Tri-Colored Bell Peppers
 Organic Seasonal Fresh Fruit
 V: Veggie Nuggets

Tuesday

2

Grilled Chicken Breast
 Mashed Potatoes
 Organic Sweet Peas
 Cinnamon Baked Apples
 V: Veggie "Chicken" Strips

Wednesday

3

Ground Beef Soft Taco w/ Monterey Jack Cheese
 Spanish Rice w/ Organic Mixed Veggies Refried Beans
 Organic Seasonal Fresh Fruit
 V: Bean & Cheese Taco

Thursday

4

Chicken & Spinach Rigatoni Pasta
 Organic Green Beans
 Wheat Roll
 Organic Seasonal Fresh Fruit
 V: Spinach Rigatoni w/ Marinara

Friday

5

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

8

Chicken Teriyaki Fried Rice w/ Mixed Veggies
 Organic Crinkle Cut Carrots
 Wheat Roll
 Organic Seasonal Fresh Fruit
 V: Teriyaki Rice w/ Veggie "Chicken"

9

Ground Beef Sloppy Joe on a Whole Wheat Bun
 Crispy Tater Tots
 Organic Mixed Veggies
 Organic Seasonal Fresh Fruit
 V: Veggie "Meat" Sloppy Joe

10

Fettucine Alfredo w/ Grilled Chicken
 Organic California Veggie Blend
 Wheat Roll
 Organic Seasonal Fresh Fruit
 V: Fettucine Alfredo

11

Oven Baked Chicken Tenders
 Potatoes Au Gratin
 Organic Sweet Peas
 Organic Seasonal Fresh Fruit
 V: Veggie Nuggets

12

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

15

Grilled Chicken Sandwich on a Whole Wheat Bun
 Organic Buttered Corn
 Sweet Potato Fries
 Organic Seasonal Fresh Fruit
 V: Veggie Burger

16

Spaghetti w/ Beef Meat Sauce
 Organic Sweet Peas & Carrots Blend
 Wheat Roll
 Organic Seasonal Fresh Fruit
 V: Spaghetti w/ Marinara Sauce

17

Chicken & Cheddar Cheese Quesadilla
 Spanish Rice w/ Organic Mixed Veggies Refried Beans
 Organic Seasonal Fresh Fruit
 V: Cheese Quesadilla

18

Sliced Turkey Breast w/ Gravy
 Mashed Sweet Potatoes
 Organic Green Beans
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Veggie "Chicken" Strips

19

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

FULL DAY ATTEND ONLY 22

Parmesan Crusted Tilapia
 Steamed White Rice
 Organic Crinkle Cut Carrots
 Cinnamon Baked Apples
 V: Veggie Nuggets

FULL DAY ATTEND ONLY 23

Buttermilk Waffles w/ Agave Syrup
 Turkey Sausage Patty
 Potatoes O'Brien w/ Organic Tri-Colored Bell Peppers
 Organic Seasonal Fresh Fruit
 V: Veggie "Sausage" Patty

FULL DAY ATTEND ONLY 24

Macaroni w/ Grilled Chicken
 Organic California Veggie Blend
 Wheat Roll
 Organic Seasonal Fresh Fruit
 V: Macaroni & Cheese

25

**HAPPY
 THANKSGIVING!**

26

**NO
 SCHOOL**

29

Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli
 Organic Sweet Peas & Carrots Blend
 Wheat Roll
 Organic Seasonal Fresh Fruit
 V: Bow Tie Pasta w/ Veggie "Chicken"

30

Oven Baked Chicken Tenders
 Mashed Potatoes
 Organic Green Beans
 Organic Seasonal Fresh Fruit
 V: Veggie Nuggets

SIGN UP NOW TO ORDER SCHOOL LUNCHES!

WWW.LUNCHDIRECT.COM

SCHOOL CODE: 206250

Each day your child will get a choice between three alternative entrées.
 Either **A: Grilled Cheese** **B: Cheesy Chicken, Broccoli, & Rice Casserole**

C: Oven Baked Chicken Tenders. 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

