

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

OCTOBER 2022

MONTESSORI HOUSE FOR CHILDREN

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

Monday

Tuesday

Wednesday

Thursday

Friday

3

Hawaiian Turkey & Cheddar Sliders
 Mashed Potatoes
 Organic Steamed Broccoli
 Organic Seasonal Fresh Fruit

V: Grilled Cheese

4

Penne Pasta w/ Beef Meat Sauce
 Organic Sweet Peas
 Dinner Roll
 Organic Seasonal Fresh Fruit

V: Penne Pasta w/ Veggie "Meat" Sauce

5

Grilled Chicken Sandwich
 Baked Tater Tots
 Organic Green Beans
 Organic Seasonal Fresh Fruit

V: Veggie Crispy "Chicken" Sandwich

6

Chicken Fajita Soft Tacos w/ Cheese & Tri-Colored Bell Peppers
 Spanish Rice w/ Organic Mixed Veggies
 Refried Beans
 Organic Seasonal Fresh Fruit

V: Bean & Cheese Taco

7

Oven Baked Cheese Pizza
 Organic Crinkle Cut Carrots
 Cinnamon Baked Apples

10

FULL DAY ATTEND ONLY
 Arroz Con Pollo
 (Yellow Rice w/ Chicken & Veggies)
 Organic Buttered Corn
 Hawaiian Roll
 Organic Seasonal Fresh Fruit
 V: Yellow Rice w/ Veggie "Chicken"

11

Breakfast For Lunch!
 Mini Buttermilk Pancakes w/ Agave Syrup
 Potatoes O'Brien w/ Organic Tri-Colored Bell Peppers
 Turkey Sausage Patty
 Organic Seasonal Fresh Fruit
 V: Veggie Sausage Patty

12

Ground Beef Sloppy Joe
 Baked French Fries
 Organic Oven Roasted Baby Carrots
 Organic Seasonal Fresh Fruit

V: Veggie "Meat" Sloppy JOe

13

Baked Chicken Tenders
 Macaroni & Cheese
 Organic Steamed Broccoli
 Organic Seasonal Fresh Fruit

V: Veggie Nuggets

14

Oven Baked Cheese Pizza
 Organic Sweet Peas
 Cinnamon Baked Apples

17

Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli
 Organic Crinkle Cut Carrots
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Bow Tie Pasta w/ Veggie "Chicken"

18

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

19

BBQ Chicken w/ Mashed Potatoes
 Organic Green Beans
 Hawaiian Rolls
 Organic Seasonal Fresh Fruit

V: Veggie BBQ Chicken Strips

20

Beef Hotdogs
 Baked Tater Tots
 Organic Buttered Corn
 Organic Seasonal Fresh Fruit

V: Veggie Nuggets

21

Oven Baked Cheese Pizza
 Organic Peas & Carrots Blend
 Cinnamon Baked Apples

24

Chicken & Spinach Rigatoni Pasta w/ Marinara Sauce
 Organic Mixed Veggies
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Spinach Rigatoni Pasta

25

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

26

Beef Cheeseburger
 Baked French Fries
 Organic Green Beans
 Organic Seasonal Fresh Fruit

V: Veggie Burger

27

Chicken Teriyaki Fried Rice w/ Mixed Veggies
 Organic Crinkle Cut Carrots
 Hawaiian Roll
 Organic Seasonal Fresh Fruit

V: Teriyaki Fried Rice w/ Veggie "Chicken"

EARLY RELEASE / FULL DAY ATTEND ONLY

28

Oven Baked Cheese Pizza
 Organic Buttered Corn
 Cinnamon Baked Apples

31

Spaghetti w/ Beef Meatballs
 Organic Peas & Carrots Blend
 Dinner Roll
 Organic Seasonal Fresh Fruit

V: Spaghetti w/ Veggie "Meat" Sauce

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