

Gettysburg Montessori

October 2017 Breakfast Menu

Daily Options

#1 Cheerios Cereal or Rice Chex Cereal

Granola Bar**

Choice of Fruit

Milk

#2 Blueberry or Apple Cinnamon Muffin

Choice of Fruit

Milk

#3 Yogurt (Cherry Vanilla, Strawberry Banana or Raspberry)

Animal Crackers

Choice of Fruit

Milk

Name:

Teacher:

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>2 Chicken Cheese Quesadilla Refried beans, raw baby carrots or broccoli ranch dressing, Fruit choice Alt: Yogurt parfait</p> 	<p>3 Macaroni & cheese, steamed corn & choice of: cucumbers or celery sticks & ranch, fruit choice Alt: Egg salad sandwich</p> 	<p>4 Baked chicken nuggets tater tots & steamed Broccoli fruit choice Alt: Baked ziti</p> 	<p>5 Tuna salad sandwich , raw baby carrots or cucumber slices ranch fruit choice ALT: PBJ</p> 	<p>6 Dominos cheese pizza, side salad ranch, fruit choice, bread stick</p> 	
	<p>9 Grilled cheese sandwich raw baby carrots or celery sticks & ranch fruit choice Alt: PBJ uncrustable</p> 	<p>10 Roasted Turkey, stuffing, gravy, raw broccoli, peas, fruit choice Alt: Yogurt parfait & granola</p> 	<p>11 *Baked Beans with hot dog wheat roll, tater tots raw baby carrots fruit choice, ALT, Baked ziti</p> 	<p>12 Meatball Sub french fries green beans fruit choice Alt: Yogurt parfait & granola</p> 	<p>13 Dominos cheese pizza side salad ranch fruit choice bread stick</p> 	
	<p>16 Chicken Cheese Quesadilla Refried beans raw baby carrots or broccoli ranch dressing, Fruit choice Alt: Yogurt parfait</p> 	<p>17 Macaroni & cheese, steamed corn & choice of: cucumbers or celery sticks & ranch fruit choice Alt: Egg salad</p> 	<p>18 Baked chicken nuggets tater tots & steamed Broccoli fruit choice Alt: Baked ziti</p> 	<p>19 Tuna salad sandwich raw baby carrots or cucumber slices ranch fruit choice ALT: PBJ</p> 	<p>20 Dominos cheese pizza side salad ranch fruit choice bread stick</p> 	
	<p>23 Grilled cheese sandwich raw baby carrots or celery sticks & ranch fruit choice Alt: PBJ uncrustable, crackers</p> 	<p>24 Roasted Turkey, stuffing, gravy, raw broccoli peas, fruit choice Alt: Yogurt parfait & granola</p> 	<p>25 *Baked Beans with hot dog wheat roll, tater tots, raw baby carrots, fruit choice ALT: Baked ziti</p> 	<p>26 Meatball Sub french fries green beans fruit choice Alt: Yogurt parfait & granola</p> 	<p>27 Dominos cheese pizza side salad ranch fruit choice bread stick</p> 	
	<p>30 Chicken Cheese Quesadilla Refried beans raw baby carrots or broccoli ranch dressing, Fruit choice Alt: Yogurt parfait</p> 	<p>31 Macaroni & cheese, steamed corn & choice of: cucumbers or celery sticks & ranch, fruit choice Alt: Egg salad sandwich</p> 				



NOTES: Baked Beans contain pork* All lunches include choice of white, strawberry or chocolate milk.