

Sterling Montessori ~ October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Nachos & Cheese (Beef or Bean) Corn Cobblets Peaches	2 Choice of Hamburger or Veggie Burger Mixed Veggies Applesauce Add'l burgers ____	3
4	5 Penne Marinara (Plain or Meat Balls) Salad w/ Ranch Fruit Cocktail	6 Chicken Nuggets (or Veggie Nuggets) Carrot Sticks Pears	7 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Peaches Add'l slices ____	8 2 Tacos (Beef or Bean) Corn Mandarin Oranges Add'l tacos____	9 Turkey Corn Dog Black Eye Peas Apple Slices Add'l dogs ____	10
11	12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL	15 NO SCHOOL	16 NO SCHOOL	17
18	19 Mac and Cheese (Plain or with Ham) Salad w/ Ranch Fruit Cocktail	20 Quesadillas (Cheese or Chicken) Carrot Sticks Pears	21 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Peaches Add'l slices ____	22 2 Tacos (Beef or Bean) Corn Mandarin Oranges Add'l tacos____	23 Chicken Nuggets (or Veggie Nuggets) Carrot Sticks Pears	24
25	26 Spaghetti (Plain or Meat Sauce) Salad w/ Ranch Fruit Cocktail	27 Sandwich Wraps (Cheese or Turkey) Green Beans Mandarin Oranges	28 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Pineapple Tidbits Add'l slices ____	29 Nachos & Cheese (Beef or Bean) Corn Cobblets Peaches	30 NO SCHOOL	31