



FOUNDED 1970

THE NEW SCHOOL MONTESSORI

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Chicken on a Biscuit</i> <i>Veggie Chicken Too</i> <i>Broccoli Cheese Bake</i> <i>Tomato Soup</i> <i>Veggie Medley</i>	3 <i>Cincy Style Turkey or Lentil Chili 3-Way</i> <i>Oyster Crackers</i> <i>Greek Salad</i> <i>Stuffed Grape Leaves</i>	4 <i>Soy Glazed Salmon</i> <i>Baked Tofu</i> <i>Cheese Tortellini</i> <i>Steamed Edamame</i> <i>Tomato Salad</i>	5 <i>Trendy Tacos</i> <i>Corn Chip Casserole</i> <i>Blackened Chicken</i> <i>Refried Beans</i> <i>Fixin's Fixin's Fixin's</i>	6 <i>Veggie Burgers or Chicken BBQ on Bun</i> <i>Creamy Coleslaw</i> <i>Sweet Potato Mash</i> <i>Cinnamon Puff</i>
9 <i>Chicken Curry</i> <i>Paneer Makhani</i> <i>Red Curry Veg</i> <i>Basmati Rice</i> <i>Sweet Peas</i>	10 <i>Toasted Cheese Sandwich</i> <i>Alphabet Soup</i> <i>Steamed Broccoli</i> <i>Wild Rice Salad</i>	11 <i>Breakfast for Lunch</i> <i>French Toast Bake</i> <i>Eggs-n-Cheese</i> <i>Breakfast Sausage</i> <i>Cinnamon Oatmeal</i>	12 <i>Pasta Provocation</i> <i>Penne or Bowtie</i> <i>Garlic Cream Sauce</i> <i>Roasted Brussels</i> <i>Candy Salad</i>	13 <i>Chicken Pot Pie</i> <i>Veggie Pot Pie</i> <i>Sweet Corn</i> <i>Tuna Salad</i> <i>Apricot Jammer</i>
16 <i>White Chicken Chili</i> <i>Veggie Chili</i> <i>Brown Rice</i> <i>Corn Chips/Salsa</i> <i>Green Salad</i>	17 <i>Bagels and Cream Cheese</i> <i>Broccoli Quiche</i> <i>Chicken Noodle Soup</i> <i>Steamed Edamame</i>	18 <i>Baked Lasagne</i> <i>Savory Bean Soup</i> <i>Zesty Coleslaw</i> <i>Tofu Salad</i> <i>Spinach Salad</i>	19 <i>Taco Treat</i> <i>Cheese Quesadillas</i> <i>Refried Beans</i> <i>Nachos Deluxe</i> <i>Fixin's Frenzy</i>	20 <i>Crepe Cake</i> <i>Veggie Strudel</i> <i>Tomato Soup</i> <i>Sugar Snap Peas</i> <i>Creamy Cheesecake</i>
23 NO SCHOOL Staff Development	24 <i>Bangers-n-Mash</i> <i>Veggie Sausage</i> <i>Green Beans</i> <i>Dijon Coleslaw</i> <i>Apple Sauce</i>	25 <i>Pizza Parade</i> <i>Cheese Pizza</i> <i>Alfredo Pizza</i> <i>Pesto Pizza</i> <i>Garlic Broccoli</i>	26 <i>Prominent Pasta</i> <i>Penne or Spaghetti</i> <i>Spinach Sauce</i> <i>Choice of Cheese</i> <i>Artichoke Salad</i>	27 <i>Spooky Bean Chili</i> <i>Voodoo Stew</i> <i>Rotten Rice</i> <i>Chilling Cornbread</i> <i>Creepy Cupcakes</i>
30 <i>Stuffed Pitas</i> <i>Hummus, Chicken Salad</i> <i>Falafel, Cheese</i> <i>Quinoa Salad</i>	31 <i>Turkey or Veggie Meatball Sub</i> <i>Wild Rice Salad</i> <i>Broccoli Slaw</i> <i>Fresh Green Beans</i>			

Every Day Choices May Include:

Turkey, Cheese or Tofu Cubes

Green Salad

Vegetarian Soup or Entrée

Whole Wheat Bread

Creamy Peanut Butter

2% White Milk

Menu Subject To Change Without Notice

