



FOUNDED 1970

THE **NEW** SCHOOL
MONTESSORI

SEPTEMBER 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 2 NO SCHOOL Labor Day | 3 <i>Black Bean Chili</i> <i>African Peanut Stew</i> <i>Brown Rice</i> <i>Golden Cornbread</i> <i>Apple Kale Salad</i> | 4 <i>Wrap-n-Roll It!</i> <i>Chicken or Egg Salad,</i> <i>Cheese or Turkey</i> <i>Ricotta Crepe Torte</i> <i>Cucumber Ribbons</i> | 5 <i>Pasta Paradiso</i> <i>Bowtie or Penne</i> <i>Creamy Garlic Sauce</i> <i>Marinated Mushrooms</i> <i>3-Bean Salad</i> | 6 <i>Toasted Cheese</i> <i>Sandwich</i> <i>Tomato Soup</i> <i>Tuna Salad</i> <i>Oatmeal Cookie</i> |
| 9 <i>Fill your own Crepes</i> <i>Scrambled Eggs</i> <i>Strawberry Ricotta</i> <i>Roasted Veggies</i> <i>Sausage Crumbles</i> | 10 <i>Turkey Meatloaf</i> <i>Veggie Nut Loaf</i> <i>Mashed Potatoes</i> <i>Sweet Corn</i> <i>Spinach Salad</i> | 11 <i>Chicken Nuggets</i> <i>Veggie "Chix" Nuggets</i> <i>Broccoli Rice Bake</i> <i>Tender Peas</i> <i>Sweet Potato Salad</i> | 12 <i>Tenacious Tacos</i> <i>Jerk Tofu Quesadillas</i> <i>Refried Beans</i> <i>Pineapple Salsa</i> <i>Fabulous Fixin's</i> | 13 <i>Hot Diggety Dog!</i> <i>Veggie Pups Too!</i> <i>Mac-n-Cheese</i> <i>Baked Beans</i> <i>Strawberry Puff</i> |
| 16 <i>Cincy-Style Turkey or</i> <i>Lentil Chili 3-Way</i> <i>Oyster Crackers</i> <i>Quinoa Salad</i> <i>Creamy Coleslaw</i> | 17 <i>Pizza Party</i> <i>Cheese Pizza</i> <i>Pesto Pizza</i> <i>Alfredo Pizza</i> <i>Garlic Broccoli</i> | 18 <i>Pack The Pita</i> <i>Falafel Medallions</i> <i>Veggie Moussaka</i> <i>Chicken Salad</i> <i>Grape Leaves</i> | 19 <i>Perpetual Pasta</i> <i>Penne or Shells</i> <i>Spinach Sauté</i> <i>Choice of Cheeses</i> <i>Candy Salad</i> | 20 <i>Red Beans-n-Rice</i> <i>Chicken B.B.Q.</i> <i>Tasty Cornbread</i> <i>Kale Salad</i> <i>Apple Berry Crisp</i> |
| 23 <i>Country Chicken Stew</i> <i>Veggie "Chix" Stew</i> <i>Egg Noodles</i> <i>Roasted Asparagus</i> <i>Tomatoes Caprese</i> | 24 <i>Cheddar Turnovers</i> <i>Alphabet Soup</i> <i>Lemon Couscous</i> <i>Steamed Edamame</i> <i>Tuna Salad</i> | 25 <i>Cheezy Ravioli Bake</i> <i>Green Beans</i> <i>Italian Slaw</i> <i>Garlic Bread</i> <i>Romaine Salad</i> | 26 <i>Taco Toreador</i> <i>Cheese Enchiladas</i> <i>Fiesta Rice</i> <i>Refried Beans</i> <i>Fixins' Feast</i> | 27 <i>Sloppy Veggie Joe</i> <i>Turkey Sandwich</i> <i>Tomato Pie</i> <i>Potato Salad</i> <i>Key Lime Cheesecake</i> |
| 30 <i>Chicken Curry</i> <i>Paneer Makhani</i> <i>Basmati Rice</i> <i>Sweet Peas</i> <i>Mango Yogurt</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