

# OCTOBER 2018

## MONTESSORI KIDS UNIVERSE SUGAR LAND

Lunches Provided By:  
 Roadrunner Foods  
 (p) 281-565-7902  
 (f) 281-565-7904  
 RoadrunnerFoodService.com

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

Oven Baked Chicken Tenders  
 Steamed White Rice w/ Gravy on side  
 Seasonal Fresh Fruit

V: Veggie Nuggets

2

Penne Pasta w/ Ground Turkey  
 Meatsauce & Fresh Mozzarella Cheese  
 Sweet Peas  
 Seasonal Fresh Fruit

V: Penne Pasta w/ Marinara Sauce

3

Chicken & Cheese Quesadilla  
 Spanish Rice  
 Seasonal Fresh Fruit

V: Bean & Cheese Roll-Ups

4

Grilled Turkey & Cheddar Cheese  
 Sandwich  
 Oven Roasted Red Potatoes  
 Seasonal Fresh Fruit

V: Grilled Cheese

5

Oven Baked Cheese Pizza  
 Crinkle Cut Carrots  
 Seasonal Fresh Fruit

8

Grilled Chicken Teriyaki Fried Rice w/  
 Mixed Veggies  
 Artisan Wheat Roll  
 Seasonal Fresh Fruit

V: Veggie "Chicken" Teriyaki Fried Rice

9

Curried Turkey Couscous w/ Celery &  
 Raisins  
 Sliced Pita Bread  
 Seasonal Fresh Fruit

V: Veggie "Chicken" Couscous

10

Creamy Fettuccine Alfredo w/ Grilled  
 Chicken  
 Oven Roasted Baby Carrots  
 Seasonal Fresh Fruit

V: Fettuccine Alfredo

11

Crispy Chicken Sandwich on a Whole  
 Wheat Bun  
 California Veggie Blend  
 Seasonal Fresh Fruit

V: Grilled Cheese

12

Oven Baked Cheese Pizza  
 Sweet Corn  
 Seasonal Fresh Fruit

15

Oven Baked Chicken Tenders  
 Potatoes Au Gratin  
 Seasonal Fresh Fruit

V: Veggie Nuggets

16

Macaroni & Cheese w/ Grilled Chicken  
 Sweet Peas  
 Seasonal Fresh Fruit

V: Macaroni & Cheese

17

Ground Turkey Sloppy Joe  
 Sweet Potato Fries  
 Seasonal Fresh Fruit

V: Sloppy Joe w/ Veggie "Meat"

18

Oven Baked Chicken Breast over  
 Mashed Potatoes  
 Mixed Veggies  
 Seasonal Fresh Fruit

V: Cheesy Broccoli & Rice Casserole

19

Oven Baked Cheese Pizza  
 Green Beans  
 Seasonal Fresh Fruit

22

Chicken & Spinach Rigatoni Pasta  
 Wheat Roll  
 Seasonal Fresh Fruit

V: Rigatoni Pasta w/ Spinach

23

Grilled Cheese  
 Oven Roasted Red Potatoes  
 Seasonal Fresh Fruit

24

Oven Baked Chicken Tenders  
 Cheesy Broccoli Rice  
 Seasonal Fresh Fruit

V: Veggie Nuggets

25

Cheesy Pasta Primavera  
 Oven Roasted Baby Carrots  
 Seasonal Fresh Fruit

26

Oven Baked Cheese Pizza  
 Italian Pasta Salad w/ Tomatoes,  
 Celery, and Fresh Parmesan  
 Seasonal Fresh Fruit

29

Angel Hair Pasta w/ Chicken Tenders  
 Mixed Veggies  
 Artisan Wheat Roll  
 Seasonal Fresh Fruit

V: Angel Hair Pasta w/ Veggie "Chicken"

30

BBQ Chicken Sandwich on a Whole  
 Wheat Bun  
 Shoe String Fries  
 Seasonal Fresh Fruit

V: Veggie Burger

31

Beef Meatballs w/ Brown Gravy over Egg  
 Noodles  
 Green Beans  
 Seasonal Fresh Fruit

V: Veggie Meatballs w/ Marinara Sauce

### DAILY SNACK ITEMS

**MON:** A.M. Cheerios / P.M. Fresh Cut Fruit

**TUES:** Apple Sauce / P.M. Fresh Cut Fruit

**WED:** A.M. Bananas / P.M. Veggie Sticks (Graham Crackers 3-20M)

**THURS:** A.M. Strawberry Banana Apple Sauce / P.M. Cheese Sticks

**FRI:** A.M. Sugar-Free Yogurt / P.M. Vanilla Wafers