



Montessori Children's House of Loudoun

October 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Baked Chicken Nuggets 4 ea California Blend Vegetables ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit		Rainbow Tortellini Pasta Blend w/ Marinara Sauce ½ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Cheese Tortellini Pasta Blend; Fresh or Chilled Fruit		Chicken Fajita 2 oz over Enriched Long Grain Rice ¼ c w/ Shredded Cheddar Cheese Fresh Baby Carrots ¼ c w/ Ranch Dip; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit		Italian Spaghetti ½ c w/ Marinara Sauce Fresh Cucumbers 2 ea w/ Creamy Ranch Dip Veggie: Italian Spaghetti Fresh or Chilled Fruit		Baked Chicken Fingers 3 ea Five-Way Hot Mixed Vegetables ¼ c Veggie Veggie Chik Nuggets Fresh or Chilled Fruit	
9		10		11		12		13	
Columbus Day Holiday		Hawaiian Turkey Meatballs 3 ea over Enriched Long Grain Rice; Fresh Cucumbers 2 ea w/ Creamy Ranch Dip; Veggie: Veggie Meatballs; Fresh or Chilled Fruit		"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit		Creamy Fettuccine Alfredo ½ c Cooked Sweet Baby Peas ¼ c Veggie: Fettuccine Alfredo Fresh or Chilled Fruit		Chicken & Cheddar Cheese Quesadilla 1 ea Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Cheese Quesadilla Fresh or Chilled Fruit	
16		17		18		19		20	
Baked Chicken Nuggets 4 ea Five-Way Hot Mixed Vegetables ¼ c Veggie Veggie Chik Nuggets Fresh or Chilled Fruit		Chicken Fajita 2 oz over Enriched Long Grain Rice ¼ c w/ Shredded Cheddar Cheese Cucumbers 2 ea w/ Creamy Ranch Dip; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit		Grilled Chicken Breast 1 ea over Creamy Mashed Potatoes ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Chik Patty Fresh or Chilled Fruit		Slow Roasted Turkey & Cheese Sub 1 ea Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Double Cheese Sub Fresh or Chilled Fruit		Four Cheese Ravioli w/ Marinara Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Cheese Ravioli w/ Marinara Sauce Fresh or Chilled Fruit	
23		24		25		26		27	
Creamy Mac & Cheese ½ c Fresh Cucumbers 2 ea w/ Creamy Ranch Dip Veggie: Creamy Mac & Cheese Fresh or Chilled Fruit		Baked Chicken Fingers 3 ea Fresh Green Beans ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit		"Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Veggie Breakfast Patty Fresh or Chilled Fruit		Breaded Chicken Patty on Bun 1 ea Sweet Yellow Corn ¼ c Veggie: Veggie BOCA Burger on Bun Fresh or Chilled Fruit		Italian Spaghetti ½ c w/ Marinara Sauce Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Italian Spaghetti Fresh or Chilled Fruit	
30		31							
Baked Chicken Nuggets 4 ea Five-Way Hot Mixed Vegetables ¼ c Veggie: Veggie Chik Nuggets Fresh or Chilled Fruit		Creamy Mac & Cheese ½ c Sweet Baby Peas ¼ c Veggie: Creamy Mac & Cheese Fresh or Chilled Fruit		Fresh Fruits Used Daily - Chilled Fruits used on days Produce is not Ripened		Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges, Pears, Diced Pears, Peaches, Apple Sauce; Fresh Vegetables are Included with Every Meal		THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	