

Alief Montessori Community School
October 2023 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2 Chicken Nuggets Sweet Potato Fries Corn Fresh Fruit Milk, 1% or Fat Free	Oct - 3 Chicken & Gravy Brown Rice Baked Beans Broccoli Hot Roll Peaches, sliced in light syrup Milk, 1% or Fat Free	Oct - 4 Chicken Alfredo Noodles Capri Vegetable Blend Garbanzo Beans Hot Roll Mixed Fruit Milk, 1% or Fat Free	Oct - 5 Turkey Ham Egg Salad Potato Tater Tots Cucumber Slices Fresh Fruit Milk, 1% or Fat Free	Oct - 6 
Oct - 9 	Oct - 10 Cheese Pizza Celery Sticks Baby Carrots Fresh Fruit Milk, 1% or Fat Free Ranch Dressing	Oct - 11 Chicken Chili Crispito Spanish Rice Corn Refried Beans Peaches, sliced in light Milk, 1% or Fat Free	Oct - 12 Spaghetti/Turkey Garbanzo Beans Mixed Salad Garlic breadstick Mixed Fruit Milk, 1% or Fat Free	Oct - 13 Cheese Burger French Fries Cucumber Slices Fresh Fruit Milk, 1% or Fat Free
Oct - 16 Chicken Sandwich Potato Tater Tots Cherry tomatoes Fresh Fruit Milk, 1% or Fat Free	Oct - 17 Stir Fry Noodles Normandy Vegetables Garbanzo Beans Hot Roll Peaches, sliced in light Milk, 1% or Fat Free	Oct - 18 Chicken/Cheese Quesadilla Spanish Rice Black beans Corn Mixed Fruit cup Milk, 1% or Fat Free	Oct - 19 Turkey Lasagna Green Beans Mixed Salad Peaches, sliced in light Garlic breadstick Milk, 1% or Fat Free	Oct - 20 Cheese Pizza Celery Sticks Baby Carrots Fresh Fruit Milk, 1% or Fat Free
Oct - 23 Cheese Burger French Fries Cucumber Slices Fresh Fruit Milk, 1% or Fat Free	Oct - 24 Chicken Chili Crispito Spanish Rice Corn Refried Beans Peaches, sliced in light syrup Milk, 1% or Fat Free	Oct - 25 Chicken & Gravy Brown Rice Green Beans Wheat Bread Strawberry applesauce Milk, 1% or Fat Free	Oct - 26 Chicken Fajita Taco Spanish Rice Mixed Salad Refried Beans Mixed Fruit Milk, 1% or Fat Free	Oct - 27 Turkey/Cheese Sandwich Potato Tater Tots Cucumber Slices Fresh Fruit Milk, 1% or Fat Free
Oct - 30 Chicken Nuggets Sweet Potato Fries Corn Fresh Fruit Milk, 1% or Fat Free	Oct - 31 Oven Baked Chicken Mashed Potatoes w/gravy Cole Slaw Wheat Bread Peaches, sliced in light syrup Milk, 1% or Fat Free			

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.
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