

## Alief Montessori Community School

### October 2025 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct - 1  Chicken Cheese Crispito Steamed Corn Baked Beans Peach slices Milk, 1% or Fat Free Cheese Sauce	Oct - 2  Spaghetti/Turkey Cucumber Slices Romaine Lettuce Salad Garlic Bread Stick Watermelon Craisins Milk, 1% or Fat Free Ranch Dressing	Oct - 3  Cheese Pizza Baby Carrots Celery Sticks Fresh Fruit Milk, 1% or Fat Free Ranch Dressing
Oct - 6  Cheese Burger Seasoned Fries Cherry tomatoes Fresh Fruit Milk, 1% or Fat Free Ketchup Ranch Dressing Mayonnaise	Oct - 7  Chicken & Gravy Brown Rice Seasoned Green Beans & Carrots Hot Roll Peach slices Milk, 1% or Fat Free	Oct - 8  Stir Fry Noodles Steamed Broccoli Garbanzo Beans Hot Roll Mixed Fruit Milk, 1% or Fat Free	Oct - 9  Turkey & Cheese Sandwich Seasoned Tater Tots Celery Sticks Fresh Fruit Milk, 1% or Fat Free Ranch Dressing Ketchup Mayonnaise	Oct - 10  Staff Development Day
Oct - 13  	Oct - 14  Chicken Sandwich Seasoned Waffles Fries Cherry tomatoes Fresh Fruit Milk, 1% or Fat Free Ketchup Mayonnaise Ranch Dressing	Oct - 15  Chicken Alfredo Steamed Broccoli Carrots Garlic Bread Stick Watermelon Craisins Milk, 1% or Fat Free	Oct - 16  Chicken/Cheese Empanada Steamed Corn Baked Beans Mixed Fruit cup Milk, 1% or Fat Free Cheese Sauce	Oct - 17  Mozzarella Sticks Mixed Salad Celery Sticks Fresh Fruit Milk, 1% or Fat Free Ranch Dressing Marinara Sauce
Oct - 20  Chicken Nuggets Seasoned Fries Cherry tomatoes Fresh Fruit Milk, 1% or Fat Free Ketchup	Oct - 21  Chicken & Gravy Brown Rice Seasoned Green Beans & Carrots Hot Roll Peach slices Milk, 1% or Fat Free	Oct - 22  Chicken/Cheese Quesadilla Spanish Rice Baked Beans Steamed Corn Strawberry Applesauce Cup Milk, 1% or Fat Free Mild Taco Sauce	Oct - 23  Spaghetti/Turkey Cucumber Slices Romaine Lettuce Salad Garlic Bread Stick Watermelon Craisins Milk, 1% or Fat Free Ranch Dressing	Oct - 24  Cheese Pizza Baby Carrots Celery Sticks Fresh Fruit Milk, 1% or Fat Free Ranch Dressing
Oct - 27  Chicken Sandwich Seasoned Waffles Fries Cherry tomatoes Fresh Fruit Milk, 1% or Fat Free Ketchup Mayonnaise Ranch Dressing	Oct - 28  Fish Sticks Macaroni & Cheese Seasoned Green Beans & Carrots Mixed Fruit Milk, 1% or Fat Free Ketchup Tartar Sauce	Oct - 29  Stir Fry Noodles Steamed Broccoli Garbanzo Beans Hot Roll Peach slices Milk, 1% or Fat Free	Oct - 30  Chicken Fajita Taco Spanish Rice Steamed Corn Romaine Lettuce Salad Mixed Fruit cup Milk, 1% or Fat Free Shredded Cheese Mild Taco Sauce	Oct - 31  Turkey & Cheese Sandwich Seasoned Tater Tots Celery Sticks Fresh Fruit Milk, 1% or Fat Free Ranch Dressing Ketchup Mayonnaise

Menu subject to change.

This institution is an equal opportunity provider.