



September Lunch Menu

Little Acorn Montessori Academy



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ham and cheese wraps with cucumbers	2 Chicken and cheese pita sandwiches with tomato soup	3 Spaghetti with meatballs and broccoli	4 Sunflower seed butter and jelly sandwiches with carrots
	Apple and oatmeal bars	Apples and sunflower butter	Cheese cubes and saltines	Blueberry muffins
7 LABOR DAY 	8 Turkey chili with corn	9 Orange chicken with rice and steamed broccoli	10 Healthy sloppy joes with carrots	11 Cheese quesadillas with cucumbers
	Raspberry and oatmeal bars	Pita triangles with hummus	Banana muffins	Deli meat, cheese, and saltines
14 Bean and cheese burritos with corn and Spanish rice	15 Turkey sliders with celery	16 Chicken Alfredo with broccoli	17 Ravioli with marinara sauce and mixed veggies	18 Cheese Pizza with carrots
String cheese and cucumber	Apple and oatmeal bars	Apples and sunflower butter	Blueberry muffins	Cheese cubes and saltines
21 Baked ziti with mixed veggies	22 Turkey tacos with lettuce, cheese, corn, and salsa	23 Chicken noodle soup with mixed veggies	24 Lasagna with mixed veggies	25 Grilled cheese sandwiches with carrots
Apple sauce and graham crackers	Raspberry and oatmeal bars	Banana muffins	Pita triangles with hummus	Deli meat, cheese, and saltines
28 Mushroom risotto with peas	29 Turkey and cheese wraps with cucumbers	30 Chicken tacos with lettuce, cheese, and corn		
String cheese and cucumber	Apple and oatmeal bars	Apples and sunflower butter		

FRESH FRUIT IS SERVED EVERY DAY WITH LUNCH

