



Belltower Montessori Academy

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Labor Day	Baked Pasta with Meat sauce. Fresh Fruit. Crackers and Raisins	Chicken and Vegetable Stir fry w/ rice. Fresh Fruit Pretzels & Cranberries	Chicken salad sandwich carrots and Fresh fruit Wheat Thins & Fruit	Fish Sticks and Green Beans. Fresh Fruit. Trail Mix
10	11	12	13	14
Quesadilla with Vegetables and fresh fruit Crackers and Raisins	Chicken Fried Rice. Fresh Fruit Pretzels & Cranberries	Vegetarian Chili with green beans Fresh Fruit. String Cheese & Crackers	Spaghetti with Meat sauce and sweet corn. Fresh Fruit. Wheat Thins & Fruit	Tuna Wrap and Mixed Vegetables. Fresh Fruit. Trail Mix
17	18	19	20	21
Turkey Tacos. Fresh fruit Crackers and Raisins	Baked Pasta with Marinara and cheese. Fresh Fruit. Pretzels & Cranberries	Baked Chicken with Broccoli. Fresh Fruit String Cheese & Crackers	Quesadilla with Green beans Fresh Fruit Wheat Thins & Fruit	Tuna sandwich and Mixed Vegetables. Fresh Fruit. Trail Mix
24	25	26	27	28
Baked Macaroni and Cheese with broccoli. Fresh Fruit. Crackers and Raisins	Chicken Fried Rice with vegetables. Fresh Fruit Pretzels & Cranberries	Spaghetti with Meat sauce and sweet corn. Fresh Fruit String Cheese & Crackers	Grilled Cheese sandwiches with carrots. Fresh Fruit Wheat Thins & Fruit	Baked Fish and Corn. Fresh Fruit. Trail Mix
				Drinks: 1% Milk or Pure Juice Water (Offered all day)