



Belltower Montessori Academy

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>Quesadilla with Green Beans. Fresh fruit.</p> <p>Vegetables with Ranch Dip</p>	<p>Turkey and Cheese Wrap . Fresh fruit</p> <p>String Cheese & Raisins</p>	<p>Baked Macaroni & Cheese with peas and Fresh fruit</p> <p>Crackers and Fruit</p>	<p>Grilled Cheese with green beans. Fresh fruit.</p> <p>Wheat Thins and Fruit</p>	<p>Fish sticks, Corn and Fresh fruit.</p> <p>Trail Mix</p>
8	9	10	11	12
<p>Chicken Salad with mixed vegetables and fresh fruit.</p> <p>Vegetables with Ranch Dip</p>	<p>Alfredo Pasta with Broccoli and Oranges</p> <p>Ritz Crackers and Cream Cheese</p>	<p>Ground Turkey, cream of mushroom with rice and corn and fresh fruit</p> <p>Wheat Thins and Fruit</p>	<p>Baked Macaroni & Cheese with broccoli and Fresh fruit</p> <p>Cheese Crackers and Pears</p>	<p>Tuna Fish Wraps with green beans and apples</p> <p>Trail Mix</p>
15	16	17	18	19
<p>Quesadilla with Green Beans. Fresh fruit.</p> <p>Vegetables with Ranch Dip</p>	<p>Spaghetti with Marinara sauce and Fresh Fruit</p> <p>Pretzels & Cranberries</p>	<p>Chicken fried rice and Fresh fruit.</p> <p>String Cheese & Raisins</p>	<p>Turkey and Cheese sandwiches with carrots and fresh fruit</p> <p>Saltines with cheese</p>	<p>Baked Fish with rice and green beans. Fresh fruit.</p> <p>Trail Mix</p>
22	23	24	25	26
<p>Baked Chicken with green beans. Fresh fruit.</p> <p>Vegetables with Ranch Dip</p>	<p>Ground Turkey with Pasta and mixed veggies. Fresh fruit</p> <p>Ritz Crackers and Cream Cheese</p>	<p>Grilled Cheese with green beans. Fresh fruit.</p> <p>Wheat Thins and Fruit</p>	<p>Vegetarian Chili with mashed potatoes. Fresh Fruit</p> <p>Cheese Crackers and Fruit</p>	<p>Fish Sticks with mixed veggies and fresh fruit.</p> <p>Trail Mix</p>
27	28	29	30	31

Drinks: 1% Milk or Pure Juice. Water (Offered all day)