

October 2007 Hot Lunch Menu



Quad City Montessori School

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken stir fry White rice Bananas Milk	2 Grilled cheese sandwich Tomato soup Celery sticks Apple wedges Milk	3 Beef & bean chili Corn Tropical fruit Roll with butter Milk	4 Tuna casserole Squash Applesauce Milk	5 Soft shell taco (lettuce, cheese, tomato) Peaches Milk
8 <i>No School</i> <i>Columbus Day</i>	9 Spaghetti Winter mix veggies (carrot, zucchini, yellow beans) Apricots Milk	10 Sub sandwich Potato salad Carrot sticks Orange wedges Cookie / Milk	11 Bean & cheese burrito Corn Apricots Milk	12 Cheese pizza Green salad Peaches Milk
15 Chicken fajitas Red beans Corn Applesauce Milk	16 Broccoli & cheese casserole Carrots Applesauce Milk	17 Beef & noodles in tomato sauce Corn Cantaloupe Roll with butter Milk	18 Hot dog with bun Cottage cheese Carrot sticks Pears Milk	19 Veggie burgers Potato chips Celery sticks Yogurt Milk
22 Teriyaki chicken Brown rice Steamed veggies Pineapple Milk	23 Lasagna Green beans Peaches Pudding Milk	24 BBQ meatballs Cornbread Sliced cucumber Pears Milk	25 Penne pasta with parmesan rosa sauce Green beans Pears Milk	26 Specialty pizza Green salad Oranges Cottage cheese Milk
29 Corn dogs Mashed cauliflower Fruit cocktail Cottage cheese Milk	30 Hot turkey sandwich Mashed potatoes Carrots Fresh strawberries Milk	31 Baked chicken Au gratin potatoes Tropical fruit Roll Milk		



Dates to Remember:

Friday October 5:
Picture Day!

Monday October 8:
No School—Columbus Day

Saturday October 13:
PTU Meeting, 9:00 a.m.

Tuesday October 16:
Parent Education Night, 6:30 p.m.

Wednesday October 31:
Early Dismissal, 1:00 p.m.

Welcome Mrs. Lamb!

Please take a moment and welcome
to our new administrator,
Barbara Lamb!
We are all very excited to welcome
Mrs. Lamb to our community, and
work together to continue to provide
a vibrant and inspiring
Montessori education.
www.qcms.org