

September 2007 Hot Lunch Menu



Quad City Montessori School

Monday	Tuesday	Wednesday	Thursday	Friday
27 Chicken nuggets Apple wedges Carrot sticks Cottage cheese Milk	28 Cheese Lasagna Rollup with marinara sauce French-cut green beans Peaches Milk	29 Meat loaf Sweet potato slices Apple sauce Roll with butter Milk	30 Fish Sticks Peas & carrots Pears Wheat roll Milk	31 Cheese pizza Green salad with cheese & carrots Fresh melon Milk
3 <i>No School</i> <i>Labor Day</i>	4 Macaroni & Cheese Broccoli Red apple wedges Milk	5 Roast beef Mashed potatoes Fruit cocktail Roll with butter Milk	6 Fettuccini Alfredo Carrots Pineapple Milk	7 Taco Salad (Beef, cheese, lettuce, tomato, sour cream, salsa) Tropical Fruit Milk
10 Grilled chicken Wild rice Steamed Veggies Pineapple Milk	11 Pasta shell & garden veggie sauce Corn Apricots Milk	12 Sloppy Joe & bun Green beans Red apple wedges Milk	13 Breaded cod fillet Peas & carrots Blue jello & pears Corn bread Milk	14 Cheese pizza Spinach salad Mandarin oranges Milk
17 Bowtie Primavera (pasta & veggies) Baked chicken Applesauce Milk	18 Cheese ravioli Green beans Peaches Roll with butter Milk	19 Hamburger & bun Cottage cheese Carrot sticks Fruit Cocktail Milk	20 Bean & cheese burrito Tossed salad (cheese, carrots, tomato) Mango & papaya Milk	21 Fried rice Veggie egg roll Pineapple Milk
24 Chicken Cacciatore Pasta Veggie medley Fruit salad Milk	25 Egg salad on croissant Baked potato chips Celery sticks Oranges Milk	26 Turkey & stuffing Broccoli & sweet potatoes Cinnamon apples Milk	27 Gemelli pasta with vegetable blend Pineapple Roll with butter Milk	28 Chicken sandwich Mixed veggies Applesauce Milk

Dates to Remember:

Thursday September 6:
Back to School Night, 6:30 p.m.

Saturday September 8:
PTU Meeting, 9:00 a.m.

Wednesday September 26:
Early Dismissal, 1:00 p.m.

Hot Lunch—Cool Tastes

Our hot lunches are created to tickle taste buds and give our kids an exciting variety of food, with some old (and new?) favorites! Of course, they meet Department of Human Services guidelines for nutrition. Each item is prepared individually and may be tailored for dietary requirements.

Created by Miss Gleason—Catered by Hy-Vee.

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