

MOLO Montessori School Menu October--2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 2-Oct | 3-Oct | 4-Oct | 5-Oct | 6-Oct |
| Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit | Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit | Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit | Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit | Beefy Mac and Cheese, Fresh Corn, French Bread, Fresh Cut Fruit |
| V-Grilled Tofu with Alfredo Sauce | V-Assorted Cheese Wrap | V-Veggie Nuggets | V-Fried Rice with Grilled Tofu, Carrots & Lima Beans | V- TVP Mac and Cheese |
| 9-Oct | 10-Oct | 11-Oct | 12-Oct | 13-Oct |
| Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit | Chicken & Cheese Quesadillas, Steamed Rice, Black Beans, Fresh Cut Fruit | Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit | Baked Chicken Breast with Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit | Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit |
| V-Eggplant Parmesan | V-Cheese Quesadillas | V-Broccoli, Cauliflower & Cheese Casserole with Grilled Tofu | V-Grilled Tofu with Anaheim Sauce | V-Baked Cheese Sticks and Waffles |
| 16-Oct | 17-Oct | 18-Oct | 19-Oct | 20-Oct |
| Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit | Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit | Pasta Primavera with Turkey Sausage, Oven Roasted Zucchini, French Bread, Fresh Cut Fruit | Sweet & Sour Chicken, Steamed Rice, Broccoli, Fresh Cut Fruit | Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit |
| V-Macaroni and Cheese with Grilled Tofu | V-Vegetarian Tamales | V-Pasta Primavera with Veggie Sausage | V-Sweet & Sour Grilled Tofu | |
| 23-Oct | 24-Oct | 25-Oct | 26-Oct | 27-Oct |
| BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit | Parmesan & Ricotta Ravioli, Oven Roasted Zucchini, Garlic Bread, Fresh Cut Fruit | Baked Chicken Breast, Mashed Potatoes with Cheddar Cheese, Sliced Carrots, Fresh Cut Fruit | Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit | Breakfast for Lunch: Pancake, Turkey Sausage, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit |
| V-BBQ Boca Burger Slider | | V-Grilled Tofu | V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce | V-Breakfast for Lunch: Pancake, Veggie Sausage |
| 30-Oct | 31-Oct | 1-Nov | 2-Nov | 3-Nov |
| Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit | Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit | | | |
| V-Grilled Tofu with Alfredo Sauce | V-Assorted Cheese Wrap | | | |

*Vegetarian Option