

MOLO Montessori School Menu October--2026

Monday	Tuesday	Wednesday	Thursday	Friday
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
			Baked Chicken Breast with Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit	Beefy Mac and Cheese, Fresh Corn, French Bread, Fresh Cut Fruit
			V-Grilled Tofu with Anaheim Sauce	V- TVP Mac and Cheese
5-Oct	6-Oct	7-Oct	8-Oct	9-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, Sliced Baguette, Fresh Cut Fruit	Baked Chicken Breast, Mashed Potatoes with Cheddar Cheese, Sliced Carrots, 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	V-Baked Cheese Sticks and Waffles
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit	Beef Hamburger Slider with Cheddar Cheese, Roasted Red Potatoes & Carrots, Fresh Cut Fruit	Teriyaki Chicken with Broccoli and Carrots, Steamed Rice, French Bread, Fresh Cut Fruit	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
V-Macaroni and Cheese with Grilled Tofu	V-Boca Burger Sliders	V-Teriyaki Grilled Tofu	V-Spaghetti with TVP, Diced Vegetables & Marinara Sauce	
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
Chicken Parmesan with Marinara Sauce, Spaghetti Pasta, Oven Roasted Zucchini, Fresh Cut Fruit	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Cucumber, Mozzarella Cheese & Olive Oil, Fresh Cut Fruit	Chicken Enchilada Casserole, Black Beans, Steamed White Rice, Fresh Cut Fruit	Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit	Breakfast for Lunch: Pancake, Turkey Sausage, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit
V-Veggie Croquette with Marinara Sauce	V-Veggie Deli & Cheese Wrap	V-Cheese Enchilada Casserole	V-Baked Ziti with Veggie Sausage	V-Breakfast for Lunch: Pancake, Veggie Sausage
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit	BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit	Baked Chicken Breast with Anaheim Sauce, Steamed Rice, Diced Carrots and Peas, Fresh Cut Fruit	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit
V-Grilled Tofu with Alfredo Sauce	V-BBQ Boca Burger Slider	V-Veggie Nuggets	V-Grilled Tofu with Anaheim Sauce	V-Vegetarian Lasagna

***Vegetarian Option**