



First State Montessori Academy

October 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Center Plate

Cool Picks

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| <p>SLA Management is sensitive to the needs of students with disabilities and will make every reasonable effort to accommodate students with disabilities so they can enjoy school lunch. If your child has a medical condition that may be affected by eating school lunch, please contact your school's office for a Diet Modification form. In spite of our every effort, we cannot be absolutely certain that contaminants have not been introduced to products prior to their receipt, or preparation facilities used by a third party while not under the supervision of SLA Management.</p> | 1 | | 2 | | 3 | |
| | <p>Cheesy Lasagna Roll-up served with Garlic Breadstick, Italian Vegetable Medley and Fresh Baby Carrots</p> | <p>Santa Fe Chicken Snack Wrap with Sliced Chicken, Taco Seasoning, Cheddar Cheese, and Mild Salsa</p> | <p>Chicken Quesadillas served with Spanish-Style Black Beans and Fresh Cucumber Slices</p> | <p>Muffin and Yogurt Cool Pack WG Blueberry Muffin, with Graham Crackers, String Cheese, and Yogurt</p> | <p>Stuffed Crust Pizza served with Seasoned Corn and Fresh Orange Slices</p> | <p>Crispy Chicken Salad with Sliced Breaded Chicken, Cheddar Cheese, and Garlic Croutons</p> |

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| 6 | | 7 | | 8 | | 9 | | 10 | |
| <p>Oven Baked Chicken Tenders served with New England Baked Beans, and Fresh Orange Slices</p> | <p>Italian Spaghetti and Meatballs served with Roasted Italian Vegetables and Fresh Celery Sticks</p> | <p>All American Hot Dog served with Baked Seasoned Fries, and Fresh Carrot Dippers</p> | <p>Ham & Cheese Mini Subs Sliced Deli Ham and American Cheese served on a Whole Grain Roll</p> | <p>Crispy Chicken Sandwich served with Sweet Potato Waffle Fries, and Fresh Celery Sticks</p> | <p>Chicken Caesar Wrap with Sliced Chicken, Romaine Lettuce, Parmesan Cheese, and Caesar Dressing</p> | <p>Cheese Pizza served with Seasoned Corn and Fresh Fruit</p> | <p>BBQ Chicken Snack Wrap with Sliced Chicken, BBQ Sauce, and Cheddar Cheese</p> | <p>Muffin and Yogurt Cool Pack WG Blueberry Muffin, with Graham Crackers, String Cheese, and Yogurt</p> | <p>Southwest Taco Salad served with Cheddar Cheese, Mild Taco Meat, and Corn Tortilla Chips</p> |

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| 13 | | 14 | | 15 | | 16 | | 17 | |
| <p>No School No Lunch Service</p> | | <p>Heapin Beef Nachos served with Spanish Style Black Beans and Fresh Carrot Dipper</p> | <p>Creamy Chicken Alfredo served with Italian Roasted Vegetables and Fresh Cucumber Slices</p> | <p>Traditional Chicken Caesar Salad with Romaine Lettuce, Sliced Chicken, Parmesan Cheese, and Caesar Dressing</p> | <p>Chicken Teriyaki with Brown Rice served with Steamed Broccoli and Fresh Baby Carrots</p> | <p>Chicken Ranch Snack Wrap with Sliced Chicken, Chopped Lettuce, Cheddar Cheese, and Ranch Dressing</p> | <p>Pepperoni Pizza served with Seasoned Corn and Fresh Fruit</p> | <p>Muffin and Yogurt Cool Pack WG Blueberry Muffin, with Graham Crackers, String Cheese, and Yogurt</p> | <p>Muffin and Yogurt Cool Pack WG Blueberry Muffin, with Graham Crackers, String Cheese, and Yogurt</p> |

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| 20 | | 21 | | 22 | | 23 | | 24 | |
| <p>Cheesy Mac n Cheese served with Sweet Peas and Fresh Celery Sticks</p> | <p>Tangy BBQ Chicken Sandwich served with Southern Baked Beans and Artisan Side Salad Blend</p> | <p>Three Cheese Baked Ziti served with Roasted Broccoli Parmesan and Fresh Baby Carrots</p> | <p>Backyard Burger served with Baked Seasoned Fries and Artisan Salad Blend</p> | <p>Stuffed Crust Pizza served with Seasoned Corn and Fresh Fruit</p> | <p>Chicken Caesar Wrap with Sliced Chicken, Romaine Lettuce, Parmesan Cheese, and Caesar Dressing</p> | <p>Spicy Buffalo Chicken Salad with Romaine Lettuce, Cheddar Cheese, and Spicy Buffalo Sauce</p> | <p>Crispy Chicken Snack Wrap with Crispy Breaded Chicken, Cheddar Cheese, and Ranch Dressing</p> | <p>Ham & Cheese Mini Subs Sliced Deli Ham and American Cheese served on a Whole Grain Roll</p> | <p>Muffin and Yogurt Cool Pack WG Blueberry Muffin, with Graham Crackers, String Cheese, and Yogurt</p> |

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| 27 | | 28 | | 29 | | 30 | | 31 | |
| <p>WG Popcorn Chicken Bites served with Garlic Green Beans and Applesauce</p> | <p>Mozzarella Mini Calzones served with Italian Vegetable Medley and 100% Fruit Juice</p> | <p>Cheeseburgers served with Sweet Potato Tater Tots, and Fresh Fruit</p> | <p>Professional Development Day No School</p> | <p>Professional Development Day No School</p> | <p>Muffin and Yogurt Cool Pack WG Blueberry Muffin, with Graham Crackers, String Cheese, and Yogurt</p> | <p>Muffin and Yogurt Cool Pack WG Blueberry Muffin, with Graham Crackers, String Cheese, and Yogurt</p> | <p>Turkey & Cheese Mini Subs Sliced Deli Turkey and American Cheese served on a Whole Grain Roll</p> | <p>Professional Development Day No School</p> | <p>Professional Development Day No School</p> |

All Entrees with the exception of Entrée Salads are served with up to Two Fruits & Two Vegetables.

Entrée Salads are served with up to One Vegetable & Two Fruits.

This institution is an equal opportunity provider and employer.