

## Alief Montessori Community School October 2021 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 Cheese Pizza Celery Sticks Baby Carrots Potato Tater Tots Orange Milk, 1% or Fat Free Ranch Dressing
Oct - 4 Chicken Nuggets Macaroni/Cheese Carrots Green Beans Mixed Fruit Milk, 1% or Fat Free	Oct - 5 Turkey Nachos Cheese Sauce Pinto Beans Mixed Salad Peaches Milk, 1% or Fat Free	Oct - 6 Fajita Chicken Strips Spanish Rice Corn Refried Beans Flour Tortilla Peaches Milk, 1% or Fat Free	Oct - 7 Chicken & Gravy Brown Rice Green Beans Carrots Hot Roll Peaches Milk, 1% or Fat Free	Oct - 8 Cheese Burger French Fries Baby Carrots Celery Sticks Apple Milk, 1% or Fat Free
Oct - 11 Staff Development Day	Oct - 12 Chicken/Cheese Ques Spanish Rice Pinto Beans Green Beans Peaches Milk, 1% or Fat Free	Oct - 13 Spaghetti/Turkey Mixed Salad Garbanzo Beans Mixed Fruit Wheat Bread Milk, 1% or Fat Free	Oct - 14 Chicken alfredo noodle Hot Roll Green Beans Carrots Garbanzo Beans Peaches Milk, 1% or Fat Free	Oct - 15 Turkey Sandwich Potato Tater Tots Celery Sticks Baby Carrots Orange Milk, 1% or Fat Free Ketchup Ranch Dressing
Oct - 18 Fish Sticks Macaroni/Cheese Corn Carrots Wheat Bread Mixed Fruit Milk, 1% or Fat Free	Oct - 19 BBQ Chicken Sandwich Green Beans Carrots Peaches Milk, 1% or Fat Free	Oct - 20 Turkey Lasagna Mixed Salad Hot Roll Mixed Fruit Milk, 1% or Fat Free	Oct - 21 Oven Baked Chicken Drumsticks Mashed Potatoes Green Beans Carrots Wheat Bread Peaches Milk, 1% or Fat Free	Oct - 22 Cheese Sandwich French Fries Celery Sticks Baby Carrots Apple Milk, 1% or Fat Free Ketchup Ranch Dressing
Oct - 25 Chicken Chili Crispito Spanish Rice Pinto Beans Green Beans Peaches Milk, 1% or Fat Free	Oct - 26 Fajita Chicken Strips Spanish Rice Corn Refried Beans Flour Tortilla Peaches Milk, 1% or Fat Free	Oct - 27 Stir Fry Noodles Mixed Stir Fry Vegetables Hot Roll Mixed Fruit Milk, 1% or Fat Free	Oct - 28 Chicken & Gravy Brown Rice Green Beans Carrots Hot Roll Peaches Milk, 1% or Fat Free	Oct - 29 Cheese Pizza Celery Sticks Baby Carrots Potato Tater Tots Orange Milk, 1% or Fat Free Ranch Dressing

Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help.

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**\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient. \* - denotes combined nutrient totals with either missing or incomplete nutrient data.**

**NOTICE: The data contained within this report and the NUTRICKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**