

Sterling Montessori ~ September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Sandwich Wraps (Cheese or Turkey) Green Beans Mandarin Oranges	2 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Pineapple Tidbits Add'l slices ____	3 Nachos & Cheese (Beef or Bean) Corn Cobblets Peaches	4 Choice of Hamburger or Veggie Burger Mixed Veggies Applesauce Add'l burgers ____	5
6	7 NO SCHOOL	8 Chicken Nuggets (or Veggie Nuggets) Carrot Sticks Pears	9 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Peaches Add'l slices ____	10 2 Tacos (Beef or Bean) Corn Mandarin Oranges Add'l tacos____	11 Turkey Corn Dog Black Eye Peas Apple Slices Add'l dogs ____	12
13	14 Penne Marinara (Plain or Meat Balls) Salad w/ Ranch Fruit Cocktail	15 Chicken Sandwich (or Veggie Burger) Green Beans Mandarin Oranges	16 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Pineapple Tidbits Add'l slices ____	17 Nachos & Cheese (Beef or Bean) Corn Cobblets Peaches	18 Choice of Hamburger or Veggie Burger Mixed Veggies Applesauce Add'l burgers ____	19
20	21 Mac and Cheese (Plain or with Ham) Salad w/ Ranch Fruit Cocktail	22 Quesadillas (Cheese or Chicken) Carrot Sticks Pears	23 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Peaches Add'l slices ____	24 2 Tacos (Beef or Bean) Corn Mandarin Oranges Add'l tacos____	25 NO SCHOOL	26
27	28 Spaghetti (Plain or Meat Sauce) Salad w/ Ranch Fruit Cocktail	29 Sandwich Wraps (Cheese or Turkey) Green Beans Mandarin Oranges	30 2 slices of pizza (Cheese or Pepperoni) Salad w/ Ranch Pineapple Tidbits Add'l slices ____			