

October 2018

Register Your Child For Hot Lunch!

Montessori School Rochester

Hot Lunch

Please indicate which specific days you would like to purchase below by circling the date. **Full Payment for the month & completed form. Due date: Friday September 21st, 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Olive oil garlic pasta with applesauce	2 Black bean soup over rice	3 Hummus platter with cut vegetables and cheese cubes	4 Pineapple and broccoli chicken (or mushroom) over rice	5
8 Alfredo pasta with fresh tomato and an apple	9 Chickpea and potato stew over rice	10 Chicken (or vegetable) fried rice with an orange	11 Grilled chicken (or eggplant) with baked potato	12
15 Pasta with marinara and apple sauce	16 Tomato soup with grilled cheese	17 Chicken (or no) black bean and cheese tacos with mexican rice	18 Grilled chicken (or eggplant) with lemon garlic broccoli	19
22 Macaroni and cheese with an apple	23 Coconut vegetable soup	24 Pulled BBQ pork (or mushrooms) with carrots and ranch	25 Chicken stir fry (or vegetable) over rice	26
29 Cheesy baked penne with applesauce	30 Vegetable soup	31 Turkey and cheese (or veggie patty) roll up with apple sauce		

	Per Meal	Semester
Elementary	\$4.50	
Primary	\$4.25	
Toddler	\$4.00	

Name: _____ Classroom: _____

Number of hot lunches: _____

Food allergies or indicate vegetarian : _____

