



# Redwood Coast Montessori October 2018 – Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti w/ (m&v) & garlic bread	2 Chicken Taco Bean Taco Spanish rice	3 Shepherds pie (m&v)	4 Sweet potato & black bean chili (v) Cornbread	5 Burgers (m&v) French fries
8 Lasagna (m&v) Garlic bread	9 Cheese quesadilla (v) Broccoli salad Spanish rice	10 Tuna melt Grilled Cheese	11 Italian bean soup Garlic bread	12 Pizza (m&v)
15 Italian noodle bake (m&v) garlic bread	16 Burrito bar (m&v) Spanish rice	17 Pot pie (m&v)	18 Broccoli / cheese soup	19 Hot Dogs Veggie Dogs Fries
22 Pasta w/ veggies (v)	23 Taco salad (m&v)	24 Quiche w/ veggies	25 Tomato soup (v) Grilled cheese	26 Sloppy Joes (m&v) French fries
29 Mac & Cheese Veggies	30 Mexican casserole (m&v)	31 Spooky pulled pork Grilled cheese Finger fries		
All lunches are served with a salad bar of fresh fruit, salad choices, and milk.				



## Lunch Order Form: Oct. 2018

(Please fill out a separate form for **each** student in your family)

**(Return this portion to school office by Monday 9/24/18)**

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mon.	Tues.	Wed.	Thurs.	Fri.
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

My child will order \_\_\_\_\_ lunches.

Full price = \$3.50  
Reduced price = \$.40  
Free = \$0

**Mark the calendar with M or V for your  
selected lunch dates.  
(M=meat, V=vegetarian)**