

Good Food
Bright Minds

Maria Montessori Charter Academy

OCTOBER 2026

BREAKFAST & LUNCH MENU

HEALTHY KIDS
HAPPY KIDS
BRIGHT FUTURES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FALL INTO GOOD NUTRITION			1 Breakfast Croissant with Jelly Lunch BEAN & CHEESE PUPUSA Cheese Tamale w/ Black Beans Turkey & Cheese Sub Sandwich	2 Breakfast Yogurt Cup with Honey Grahams Lunch Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Wow Butter and Jelly Sandwich w/ Baby Carrots
5 MINIMUM DAY Breakfast Cinnamon Crumble Lunch Minimum Day "snack style" meal - Beef bites & Cheese stick or Cheese Stick, Hummus, Crackers	6 MINIMUM DAY Breakfast Chocolate Puffs Cereal Lunch Minimum Day "snack style" meal - Beef bites & Cheese stick or Cheese Stick, Hummus, Crackers	7 MINIMUM DAY Breakfast Croissant w/ jelly Lunch Minimum Day "snack style" meal - Beef bites & Cheese stick or Cheese Stick, Hummus, Crackers	8 NO SCHOOL	9 NO SCHOOL
12 Breakfast CEREAL PACK w/ Applesauce Lunch Minimum Day "snack style" meal - Beef bites & Cheese stick or Cheese Stick, Hummus, Crackers	13 Breakfast Cereal - Whole Grain Cinnamon Chex Lunch Grab 'N Go Seedbutter, Crackers, String Cheese & Baby Carrots Italian Turkey Trio Sub w/ Baby Carrots Mozz Cheesy Bites w/ Marinara Sauce	14 Breakfast Mini Strawberry Pancakes Lunch Build your own Seed Butter & Jelly Sammie w/ baby carrots Chicken Dumplings with Mixed Veggies MAC & CHEESE	15 Breakfast Berry Apple Crisp Bar Lunch BBQ Chicken w/ Baked Beans & Roll EGG SALAD SANDWICH Turkey & Cheese Sub Sandwich	16 Breakfast Waffles Lunch Chicken Caesar Salad w/ Croutons Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza
19 Breakfast Cinnamon Roll Lunch Beef & Cheese Taco Stick Cheeseburger w/ Oven Baked Fries Turkey & Cheese Sub Sandwich	20 Breakfast Cinnamon Puffs Cereal Lunch Bean & Cheese Burrito w/ Crispy Beans Build Your Own Cheese Pizza Kit w/ Marinara Sauce Build your own Seed Butter & Jelly Sammie w/ baby carrots	21 Breakfast Egg and Cheese Breakfast Burrito Lunch Firecracker Chicken Dumplings w/ Edamame & Peas Grilled Cheese Sandwich Mozz Cheesy Bites w/ Marinara Sauce	22 Breakfast Yogurt Cup with Honey Grahams Lunch Cheese Tamale w/ Black Beans Turkey Nachos w/ refried beans and Chips Wow Butter and Jelly Sandwich w/ Baby Carrots	23 Breakfast Blueberry Burst Muffin Lunch Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Turkey & Cheese Sub Sandwich
26 Breakfast Cinnamon Crumble Lunch Build your own Seed Butter & Jelly Sammie w/ baby carrots Chicken Bites & Mashed Potatoes Turkey & Cheese Pretzel Sandwich	27 Breakfast Sausage and Cheese Croissant Lunch Beef & Cheese Taco Stick Cheese Lasagna w/ Marinara Sauce Chicken Salad Sandwich w/ baby carrots	28 Breakfast Croissant w/ jelly Lunch Build Your Own Cheese Pizza Kit w/ Marinara Sauce Chicken Alfredo Pasta w/ Steamed Broccoli Chicken Teriyaki & Not So Fried Rice w/ Steamed Carrots	29 Breakfast Chocolate Chip Muffin Top Lunch Chicken Tamale w/ Beans Grilled Cheese Sandwich Veggie Chef's Salad w/ Egg & Cheese	30 Breakfast Cereal - Whole Grain Cinnamon Chex Lunch Deep Dish Cheese Pizza Deep Dish Pepperoni Pizza Wow Butter and Jelly Sandwich w/ Baby Carrots