

Alief Montessori Community School

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Cheese Sandwich Peaches Apple Juice Milk, 1% or Fat Free	Oct - 2 Cinnamon Frosted Flakes Mixed Fruit Fruit Punch Milk, 1% or Fat Free
Oct - 5 Cheese Sandwich Mixed Fruit Apple Juice Milk, 1% or Fat Free	Oct - 6 Muffin Peaches Fruit Punch Milk, 1% or Fat Free	Oct - 7 Bagel Cream Cheese Mixed Fruit Milk, 1% or Fat Free	Oct - 8 Cinnamon French Toas Peaches Apple Juice Milk, 1% or Fat Free	Oct - 9 Cinnamon Frosted Flakes Mixed Fruit Fruit Punch Milk, 1% or Fat Free
Oct - 12 Cheese Sandwich Mixed Fruit Apple Juice Milk, 1% or Fat Free	Oct - 13 Muffin Peaches Fruit Punch Milk, 1% or Fat Free	Oct - 14 Bagel Cream Cheese Mixed Fruit Grape Juice Milk, 1% or Fat Free	Oct - 15 Cinnamon French Toas Peaches Apple Juice Milk, 1% or Fat Free	Oct - 16 Cinnamon Frosted Flakes Mixed Fruit Fruit Punch Milk, 1% or Fat Free

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

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To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410
Fax: (202) 690-7442; or
Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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 NUTRIKIDS® 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.

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			Oct - 1 Fajita Chicken Strips Spanish Rice Carrots Milk, 1% or Fat Free	Oct - 2 Turkey/Chesse Sandwi Baby Carrots Potato Tater Tots Milk, 1% or Fat Free
Oct - 5 Fish Sticks Macaroni/Cheese Mixed Salad Peaches Milk, 1% or Fat Free	Oct - 6 Cheese Burger French Fries Baby Carrots Mixed Fruit Milk, 1% or Fat Free	Oct - 7 Chicken Chili Crispito Spanish Rice Green Beans Peaches Milk, 1% or Fat Free	Oct - 8 Chicken alfredo noodles Corn Baby Carrots Wheat Bread Mixed Fruit Milk, 1% or Fat Free	Oct - 9 Cheese Pizza Potato Tater Tots Baby Carrots Peaches Milk, 1% or Fat Free
Oct - 12	Oct - 13 Chicken Nuggets Macaroni/Cheese Mixed Salad Peaches Milk, 1% or Fat Free	Oct - 14 Spaghetti/Turkey Corn Carrots Mixed Fruit Milk, 1% or Fat Free	Oct - 15 Chicken & Gravy Brown Rice Peaches Green Beans Carrots Milk, 1% or Fat Free	Oct - 16 Turkey/Chesse Sandwi Potato Tater Tots Baby Carrots Mixed Fruit Milk, 1% or Fat Free

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