



Montessori Children's Academy

November Menu

Week 1 Nov 1 –Nov 4

Tue.	Chicken Fricasse, Yellow Rice, Corn, Pears and milk
Wed.	Whole Wheat Spaghetti w/ meat sauce, carrots with dressing, apple sauce, garlic bread, milk
Thur.	Home made chicken nuggets, baked French fries, corn, bananas and milk
Fri.	Pizza Day

Week 2 Nov 7 – Nov 11

Mon.	Ham & Cheese Sandwich, Avocadoes, milk or juice
Tue.	Grilled Chicken and rice chop chop, fresh fruit, milk or juice
Wed.	Macaroni and cheese, carrots & dressing, apple sauce and milk
Thur.	Meatloaf, mashed potatoes, fresh fruit, milk or juice
Fri.	Pizza Day

Week 3 Nov 14 – Nov 18

Mon.	Turkey & Cheese Rolls, Wheat Roll, baked potato chips, fresh fruit, milk or juice
Tue.	Penne pasta, Grilled Chicken, fresh fruit, milk or juice
Wed.	Turkey Hot Dog, Baked French Fries, fresh fruit, milk or juice
Thur.	Picadillo and rice chop chop, fresh fruit, milk or juice
Fri.	Pizza Day

Week 4 Nov 21 – Nov 25

Mon.	Ham & Cheese Sandwich, Avocadoes, milk or juice
Tue.	Turkey Burger, Whole Wheat Bun, fresh fruit, milk or juice
Wed.	Macaroni and Cheese, fresh fruit, milk or juice
Thur.	Meatballs, mashed potatoes, corn, bananas and milk
Fri.	Pizza Day

Nov 28 – Nov 30

Mon	Turkey & Cheese Rolls, Wheat Roll, baked potato chips, fresh fruit, milk or juice
Tue.	Whole Wheat Spaghetti w/ meat sauce, carrots with dressing, apple sauce, garlic bread, milk
Wed.	Home made chicken nuggets, baked French fries, corn, bananas and milk

We always strive to use mostly organic products. Because of this, menu items are subject to change based on availability.