

Ms Juana Montessori Home School

Lunch Menu - November, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	10/30/2017	10/31/2017	11/1/2017	11/2/2017	11/3/2017
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Chicken Mini Tacos	Macarroni&Cheese	Curry chicken	Turkey Ham	Popcorn chicken
Fruit/Veg or Juice	Green Peas	Corn	Carrots	Toss Salad	Cucumbers
Fruit/Veg or Juice	Bananas	Berries	Melon	Apples	Oranges
Bread or Bread Alt.	Flour Tortilla		Toast	Pesto Spaghetti	Flour Tortilla
Week 2	11/6/2017	11/7/2017	11/8/2017	11/9/2017	11/10/2017
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Cheese stick	Dumplings	Chicken breast	Chicken Fajita	Cheese Pizza
Fruit/Veg or Juice	Green Peas	Toss Salad	Cucumbers	Corn	Carrots
Fruit/Veg or Juice	Bananas	Oranges	Melon	Apples	Pears
Bread or Bread Alt.	Toast	Flour Tortilla	Farfalle Pasta	Toast	
Week 3	11/13/2017	11/14/2017	11/15/2017	11/16/2017	11/17/2017
Milk	Milk	Milk	Milk	Milk	Milk
Meat or Meat Alt.	Fish Sticks	Macarroni&Cheese	Ginger Chicken	Noodle Chicken Soup	Chicken Nuggets
Fruit/Veg or Juice	Green Peas	Corn	Toss Salad	Celery	French Fries
Fruit/Veg or Juice	Bananas	Berries	Melon	Apple	Oranges
Bread or Bread Alt.	Toast	Pasta	Flour Tortilla	Toast	
Week 4	11/20/2017	11/21/2017			
Milk	Milk	Milk			
Meat or Meat Alt.	Bourbon Chicken	Cheese Ravioli			
Fruit/Veg or Juice	Green Peas	Carrots			
Fruit/Veg or Juice	Bananas	Oranges			
Bread or Bread Alt.	Toast				