

Ms Juana Montessori Home School

Snack 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
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Banana	Berries	Melon	Apples	Cold cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Muffins	Yogurt	Croissants	Apple sauce	Bagels+cream cheese
Week 2	11/6/2017	11/7/2017	11/8/2017	11/9/2017	11/10/2017
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Banana	Carrots w/ranch	Melon	Apples	Cold cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Cheese sandwich	Cinnamon rolls	Cereal bars	French Toast	Raisin Bread
Week 3	11/13/2017	11/14/2017	11/15/2017	11/16/2017	11/17/2017
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Bananas	Berries	Melon	Apples	Cold Cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Muffins	Yogurt	Waffles	Apple sauce	Bagels+cream cheese
Week 4	11/20/2017	11/21/2017	11/22/2017	11/23/2017	11/24/2017
AM					
Milk, Meat or Meat Alt.	Milk	Milk			
Fruit/Veg or Juice					
Bread or Bread Alt.	Bananas	Oranges			
PM					
Milk, Meat or Meat Alt.	Milk	Milk			
Fruit/Veg or Juice					
Bread or Bread Alt.	Cheese sandwich	Cinnamon rolls			