

Ms Juana Montessori Home School

Lunch Menu - November 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	10/29/2018	10/30/2018	10/31/2018	11/1/2018	11/2/2018
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	Cucumbers	Mixed Vegetables	Broccoli
Fruit/Veg or Juice	Bananas	Berries	Melon	Apples	Tangarines
Bread or Bread Alt.	Flour Tortilla		Toast	Pesto Spaghetti	Flour Tortilla
Week 2	11/5/2018	11/6/2018	11/7/2018	11/8/2018	11/9/2018
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	Broccoli	Cucumbers	Corn	Mixed Vegetables
Fruit/Veg or Juice	Bananas	Tangarines	Melon	Apples	Pears
Bread or Bread Alt.	Toast	Flour Tortilla	Farfalle Pasta	Toast	
Week 3	11/12/2018	11/13/2018	11/14/2018	11/15/2018	11/16/2018
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	Broccoli	Celery	French Fries
Fruit/Veg or Juice	Bananas	Berries	Melon	Apple	Tangarines
Bread or Bread Alt.	Toast	Pasta	Flour Tortilla	Toast	
Week 4	11/19/2018	11/20/2018	11/21/2018	11/22/2018	11/23/2018
Milk	Milk	Milk			
Meat or Meat Alt.	Bourbon Chicken	Cheese Ravioli			
Fruit/Veg or Juice	Green Peas	Broccoli			
Fruit/Veg or Juice	Bananas	Tangarines			
Bread or Bread Alt.	Toast				