

Ms Juana Montessori Home School

Snack 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
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	Waffles	Apple sauce	Bagels+cream cheese
Week 2	11/5/2018	11/6/2018	11/7/2018	11/8/2018	11/9/2018
AM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Banana	Tangerines	Melon	Apples	Cold cereal
PM					
Milk, Meat or Meat Alt.	Milk	Milk	Milk	Milk	Milk
Fruit/Veg or Juice					
Bread or Bread Alt.	Gold Fish	Cinnamon rolls	Cereal bars	French Toast	Raisin bread
Week 3	11/12/2018	11/13/2018	11/14/2018	11/15/2018	11/16/2018
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	11/19/2018	11/20/2018	11/21/2018	11/22/2018	11/23/2018
AM					
Milk, Meat or Meat Alt.	Milk	Milk			
Fruit/Veg or Juice					
Bread or Bread Alt.	Bananas	Tangarines			
PM					
Milk, Meat or Meat Alt.	Milk	Milk			
Fruit/Veg or Juice					
Bread or Bread Alt.	Gold Fish	Cinnamon rolls			