

Global Montessori Academy

November Lunch & Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3
	Taco Tuesday (Whole Wheat Tortillas, Ground Turkey, Cheese, Lettuce, Salsa) Spanish Rice Fruit Salad <i>Pretzels/Cheese Sticks</i>	Cheese Tortellini Fresh Marinara Cucumbers & Carrots Fresh Fruit <i>Yogurt/Granola</i>	Hawaiian BBQ Chicken & Rice Bowl Pineapple Mixed Vegetables <i>Bagels/Cream Cheese</i>	Tex-Mex Beans & Rice Buttered Corn Sliced Apples with Cinnamon <i>Raisin Bread/Apple Butter</i>
6	7	8	9	10
Spaghetti with Meat Sauce Roasted Broccoli Fruit Salad <i>Fresh Fruit/Crackers</i>	Sweet & Sour Chicken over Rice Green Beans Pineapple <i>Muffins and Fruit</i>	Smoked Sausage & Peppers Applesauce Carrots & Tomatoes with Ranch <i>Raisin Bread/Apple Butter</i>	Macaroni & Cheese Cornbread Fresh Fruit <i>Fresh Veggies and Dip</i>	Turkey Meatloaf Mashed Potatoes Green Beans Bananas <i>Cottage Cheese/Melon</i>
13	14	15	16	17
Teriyaki Chicken/Rice Noodles Roasted Vegetable Medley Fresh Melon <i>Raisin Bread/Apple Butter</i>	French Toast Casserole Yogurt Parfaits Scrambled Eggs <i>Pretzels/Cheese Sticks</i>	Meatball Subs Apples with Fruit Dip Fresh Green Salad <i>Crackers/Cheese</i>	Broccoli Chicken & Rice Casserole Oranges Buttered Corn <i>Bagels/Cream Cheese</i>	Cheese Pizza Roasted Broccoli Fruit Salad <i>Yogurt/Bananas</i>
20	21	22	23	24
Vegetarian Chili Cornbread Green Beans Fruit Salad <i>Cottage Cheese & Fruit</i>	Nacho Tuesday (Corn Tortilla Chips, Ground Turkey, Beans, Cheese, Salsa) Fresh Fruit <i>Raisin Bread with Apple Butter</i>	Thanksgiving Feast	NO SCHOOL	NO SCHOOL
27	28	29	30	
Turkey Meatloaf Mashed Potatoes Roasted Broccoli Fresh Fruit <i>Crackers/Cheese</i>	Taco Tuesday (Whole Wheat Tortillas, Ground Turkey, Cheese, Lettuce, Salsa) Spanish Rice Fruit Salad <i>Bagels & Cream Cheese</i>	Roasted Chicken Sandwiches Peppers & Carrots w/ Hummus Pineapple <i>Raisin Bread/Apple Butter</i>	Spaghetti with Meat Sauce Fresh Green Salad Fruit Salad <i>Pretzels/Cheese Sticks</i>	