

# CASTLE MONTESSORI SCHOOLS - VEGETARIAN

## November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Student Name:  Classroom:  x \$3.00= _____  Parent Signature		1 whole wheat pancake(s) - syrup ** whole or 1% milk ** <i>baked cheesy pasta</i> with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh <i>seasonal</i> apple 100% juice	2 <i>fresh baked whole grain</i> warm biscuit & jelly 100% fruit juice ** <i>vegetable frank</i> whole wheat coney bun ** bbq white beans steamed broccoli cuts 1% milk ** fresh orange 1% milk
5 whole grain cereal medley <i>"whole corn &amp; 'bit of frosted flakes"</i> 100% fruit juice ** <i>lentil "burger" patty</i> whole wheat burger bun baked tater wedge steamed carrot coins ketchup 1% milk ** chilled diced pears in juice 1% milk	6 whole wheat bread slice with european margarine 100% fruit juice ** <i>grilled cheese quesadilla</i> Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk ** fresh-cut <i>seasonal</i> melon 1% milk	7 pineapple tidbits in juice ** whole or 1% milk ** <i>breaded vegetable nuggets</i> with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk ** fresh banana 1% milk	8 fresh orange ** whole or 1% milk ** <i>classic hearty red sauce</i> & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** <i>fresh-cut pineapple chunks</i> 1% milk	9 whole wheat french toast and syrup 100% fruit juice ** <i>King Ranch enchilada bake</i> with whole corn tortillas ranchero pinto beans confetti squash medley <i>fresh</i> mild salsa 1% milk ** vanilla pudding & grahams 1% milk
12 wheat raisin bagel with grape/apple jelly 100% fruit juice ** <i>sloppy Joe crumbles</i> whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh <i>seasonal</i> apple 1% milk	13 fresh orange ** whole or 1% milk ** <i>cheddar MAC and Cheese</i> with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** <i>cheese and whole wheat roll</i> 100% juice	14 fresh banana ** whole or 1% milk ** <i>vegetable "fried" steak</i> with whole grain breading mashed potatoes steamed carrot coins ketchup 1% milk ** pineapple chunks in juice 100% juice	15 whole grain cereal "the Os" ** whole or 1% milk ** <i>Southern white beans in gravy</i> over whole grain noodles sweet potatoes steamed green beans fresh baked whole wheat roll 1% milk ** <i>fresh melon wedge</i> 1% milk	16 whole grain waffle syrup whole or 1% milk ** <i>warm "Greek" pita</i> roasted beans/chz in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice tzatziki sauce 1% milk ** <i>fresh banana</i> 1% milk
19 toasted oats cereal and raisins 100% fruit juice ** <i>baked falafel nuggets</i> <i>with tahini sauce</i> whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables 1% milk ** fresh <i>seasonal</i> apple 1% milk	20 fresh orange ** whole or 1% milk ** <i>tex-mex taco crumbles</i> whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk ** fresh banana 100% juice	21 whole grain English muffin with Jelly 100% fruit juice  Thanksgiving Feast  <b>SCHOOL CLOSSES AT 1:00PM AFTER LUNCH</b>	22  <b>Happy Thanksgiving</b>  <b>SCHOOL CLOSED</b>	23  <b>Happy Thanksgiving</b>  <b>SCHOOL CLOSED</b>
26 whole wheat bagel with light cream cheese 100% fruit juice ** <i>breaded vegetable nuggets</i> with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk ** fresh cut pineapple chunks 1% milk	27 whole grain cereal medley <i>"toasted and fruity Os"</i> 100% fruit juice ** <i>black bean burger</i> whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk ** fresh <i>seasonal</i> apple 1% milk	28 diced pears in juice ** whole or 1% milk ** <i>cheddar cheese &amp; MAC</i> with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk	29 fresh-cut cantaloupe wedge ** whole or 1% milk ** <i>Tex-Mex stuffed peppers</i> <i>a top mild creole sauce</i> whole grain cornbread mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	30 sliced apples in juice ** whole or 1% milk ** <i>grilled bean/cheese burrito</i> in a whole grain tortilla wild & brown rice w/spinach mixed fruit in juice <i>fresh</i> mild salsa 1% milk ** fresh orange 1% milk