# CASTLE MONTESSORI SCHOOLS - VEGETARIAN

## November 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | Student Name:<br><br>Classroom:<br><br>_____ x $3.00= _____<br><br>Parent Signature | **1**<br>*fresh baked whole grain*<br>real blueberry n' oats muffin<br>100% fruit juice<br>**<br>*baked BBQ veggie bites-V*<br>served chopped with mild bbq sauc<br>whole wheat bread slice<br>sweet potatoes<br>steamed broccoli cuts<br>1% milk<br>**<br>*fresh* carrot sticks & light ranch<br>1% milk | **2**<br>applesauce<br>**<br>whole or 1% milk<br>**<br>*veggieballs Romana-V*<br>whole wheat breadstick<br>steamed cut green beans<br>fresh leafy salad greenz'<br>reduced calorie ranch<br>1% milk<br>**<br>cheese n' whole wheat roll<br>1% milk | **3**<br>whole grain french toast<br>and syrup<br>100% fruit juice<br>**<br>*vegetable "fried" brown rice-V*<br>with peas, carrots, and more.<br>mandarin oranges in juice<br>fresh cucumber slices<br>reduced calorie ranch<br>1% milk<br>**<br>vanilla yogurt "pudding"<br>100% juice |
| **6**<br>whole wheat bagel<br>with light cream cheese<br>100% fruit juice<br>**<br>*breaded vegetable nuggets-V*<br>with whole grain breading<br>seasoned black beans<br>steamed carrot coins<br>ketchup<br>1% milk<br>**<br>pineapple chunks in juice<br>1% milk | **7**<br>whole grain cereal medley<br>*"toasted and fruity Os"*<br>100% fruit juice<br>**<br>*black bean "burger"-V*<br>whole wheat burger bun<br>oven potatoes, diced<br>California veggie medley<br>lettuce, tomato, & ketchup<br>1% milk<br>**<br>fresh *seasonal* apple<br>1% milk | **8**<br>*fresh baked whole grain*<br>pineapple "crumb" muffin<br>100% fruit juice<br>**<br>*cheddar cheese & MAC-V*<br>with whole grain "elbows"<br>steamed green peas<br>fresh leafy salad greenz'<br>reduced calorie ranch<br>1% milk<br>**<br>fresh banana<br>1% milk | **9**<br>fresh-cut cantaloupe wedge<br>**<br>whole or 1% milk<br>**<br>*Tex-Mex stuffed peppers-V*<br>*a top mild creole sauce*<br>whole grain cornbread<br>mashed potatoes<br>steamed cut green beans<br>1% milk<br>**<br>mozzarella cheese stick<br>100% juice | **10**<br>**CLOSED FOR PARENT/ TEACHER CONFERENCES** |
| **13**<br>toasted oats cereal<br>and raisins<br>100% fruit juice<br>**<br>*savory veggieballs-V*<br>in a vegetable brown sauce<br>whole wheat roll<br>mashed potatoes<br>steamed cut green beans<br>1% milk<br>**<br>banana yogurt "pudding"<br>100% juice | **14**<br>fresh banana<br>**<br>whole or 1% milk<br>**<br>*white bean "burger"-V*<br>whole wheat burger bun<br>brown sugar carrot coins<br>Island potato & pasta salad<br>ketchup<br>1% milk<br>**<br>*fresh* cucumber slices & light ranch<br>100% juice | **15**<br>*fresh baked whole grain*<br>apple n' oats muffin<br>100% fruit juice<br>**<br>*Italian pizza wrap-V*<br>with mozzarella cheese & sauc<br>in a whole grain tortilla<br>lotsa bean pasta salad<br>mixed fruit in juice<br>1% milk<br>**<br>Texas honey cornbread-margarine<br>1% milk | **16**<br>pineapple chunks in juice<br>**<br>whole or 1% milk<br>**<br>*baked cheesy pasta-V*<br>with whole grain rotini<br>Italian veggie medley<br>fresh leafy salad greenz'<br>reduced calorie ranch<br>1% milk<br>**<br>fresh *seasonal* apple<br>100% juice | **17**<br>*fresh baked whole grain*<br>warm biscuit & jelly<br>100% fruit juice<br>**<br>*vegetable frank-V*<br>whole wheat coney bun<br>**<br>bbq white beans<br>steamed broccoli cuts<br>1% milk<br>**<br>*esh* baby carrots & light ranc<br>1% milk |
| **20**<br>whole grain cereal medley<br>*'whole corn & 'bit of frosted flakes'*<br>100% fruit juice<br>**<br>*lentil "burger" patty-V*<br>whole wheat burger bun<br>baked tater wedge<br>steamed carrot coins<br>ketchup<br>1% milk<br>**<br>chilled diced pears in juice<br>1% milk | **21**<br>whole wheat bread slice<br>with european margarine<br>100% fruit juice<br>**<br>*grilled cheese quesadilla-V*<br>Spanish-style brown rice<br>seasoned black beans<br>fresh cucumber slices<br>reduced calorie ranch<br>1% milk<br>**<br>fresh-cut *seasonal* melon<br>1% milk | **22**<br>*fresh baked whole grain*<br>peach n' yogurt muffin<br>100% fruit juice<br>**<br>**<br>fresh banana<br>1% milk | **23**<br> <br> | **24** |
| **27**<br>wheat raisin bagel<br>with grape/apple jelly<br>100% fruit juice<br>**<br>*"sloppy Joe crumbles"-V*<br>whole wheat burger bun<br>oven potatoes, diced<br>steamed broccoli cuts<br>ketchup<br>1% milk<br>**<br>fresh *seasonal* apple<br>1% milk | **28**<br>*seasonally sourced* fresh orange<br>**<br>whole or 1% milk<br>**<br>*cheddar cheese & MAC-V*<br>with whole grain shells<br>steamed green peas<br>fresh leafy salad greenz'<br>reduced calorie ranch<br>1% milk<br>**<br>*fresh* baby carrots & light ranch<br>100% juice | **29**<br>*fresh baked whole grain*<br>carrot spice muffin<br>100% fruit juice<br>**<br>*vegetable "fried" steak"-V*<br>with whole grain breading<br>mashed potatoes<br>steamed cut green beans<br>ketchup<br>1% milk<br>**<br>pineapple chunks in juice<br>100% juice | **30**<br>fresh banana<br>**<br>whole or 1% milk<br>**<br>*Southern white beans in gravy-V*<br>over whole grain noodles<br>black-eyed peas<br>steamed carrot coins<br>watermelon squares<br>1% milk<br>**<br>*fresh* cucumber slices & light ranch<br>1% milk | |