

CASTLE MONTESSORI SCHOOLS MENU

November 2017

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