SACRAMENTO MONTESSORI SCHOOL

Menu for the Month of November 2020

Monday
Cheerios served with Cantaloupe and milk
Apples served with graham crackers
Chicken Burrito Bowl as the main dish; Sweet corn as the vegetable; Red leaf and Romaine lettuce served with tomato slices and lightly dusted with raspberry vinaigrette dressing as the salad; Watermelon as the dessert; served with milk
Oranges served with granola barsQ

Tuesday
Belgian Waffles with Bananas, mixed berries and milk
Apple Sauce served with gold fish
Mac n Cheese as the main dish; Blanched broccoli as the vegetable; fresh crisp Red leaf and Romaine lettuce, carrots, cucumbers, and tomatoes for the salad lightly sprinkled with Ranch dressing as the salad; Orange slices as the dessert; served with milk
Red Grapes served with Graham Crackers

Wednesday
Pancakes served with Strawberries, and milk
Apple sauce served with graham crackers
Cheese Raviolis as the main dish, Blanched broccoli as the vegetable
Fresh crisp Red Leaf and Romaine lettuce salad drizzled with Raspberry vinaigrette dressing as the salad, Slices of Peach as the fruit; Whole grain bread as the starch; served with milk
Green grapes served with Keebler crackers

Thursday
Brown rice cereal and Mix berries served with milk
Animal crackers served with Bartlett Pears
Chicken Noodle soup as the main dish; Red leaf and romaine lettuce with dressing of olive oil, balsamic vinegar, salt, pepper, and chopped fresh garlic all whisked together as the salad; Pears as the dessert; Brown rice as the starch; with milk
Golden Delicious Apples served with Corn Muffins

Friday
Blueberry Muffins served with Strawberry/Pineapple Smoothies
White peaches served with Graham Crackers
BBQ chicken with rice as the main dish; fresh crisp Red leaf and Romaine lettuce, carrots, cucumbers, and tomatoes for the salad lightly sprinkled with Ranch dressing as the salad; Sweet Peas as the vegetable; Pineapples as the dessert; whole grain bread as the starch; served with milk
Bartlett pears served with granola bars