



**SACRAMENTO
MONTESSORI SCHOOL**
LITTLE STEPPING STONES LLC

November 2022

Monday

Belgian waffles served with cantaloupe and milk
Pears served with graham crackers
Chili casserole as the main dish, red leaf and romaine lettuce with balsamic vinegar dressing, watermelon, and milk
Pink Lady apples served with Goldfish

Tuesday

Pancakes with Bananas, mixed berries, and milk
Apple slices served with Goldfish
Cheese Raviolis as the main dish, red leaf and romaine lettuce with balsamic vinegar dressing,
orange slices for the fruit and milk
Red grapes served with Graham Crackers

Wednesday

Cheerios served with strawberries, blueberries, raspberries, and milk
Oranges served with Graham crackers
Bean Burritos as the main dish, Green Beans, apples, and milk
Pears as the fruit served with Goldfish

Thursday

French Toast served mix berries and milk
Ritz crackers served with Bartlett Pears
Chicken Nuggets as the main dish, sweet corn, apple slices and milk
Green grapes served with Goldfish

Friday

Blueberry muffins served with strawberries and orange smoothies
White peaches served with Graham Crackers
Quesadillas as the main dish, red leaf and romaine lettuce, carrots, cucumbers, tomatoes with
ranch dressing, pineapples, and milk
Bartlett pears served with granola bars