




Mission Montessori

November Lunch Menu 2022



Fruits & Vegetables	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits: Raspberries, Bananas, Plums, Apples, Craisins Vegetables: Sweet Potato Fries, Crinkle Cut Carrots, Green Peas, Pickles	31 Batty Sunbutter & Jelly Sandwiches *Applesauce & Raisins	1 Italian Meatballs w/ Mashed Potatoes *Vanilla Yogurt & Fruit	2 Baked Seasoned Tilapia w/ Rice *Whole Wheat Bread & Jam	3 Chicken Noodle Soup w/ Dinner Roll *1/2 Rice Cake & Sunbutter	4 Cheese Pizza *Chex Mix & Fruit
Fruits: Apples, Cinnamon Apples, Pears, Kiwi Vegetables: Black Olives, Mixed Veggies, Roasted Butternut Squash	7 Baked Chicken Nuggets w/ Ketchup Dipping Sauce *Graham Cracker & Fruit	8 Pasta w/ Butternut Squash Sauce *Baked Crackers & Fruit	9 Turkey Cheeseburgers *Pirate Booty & Craisins	10 Healthy Baked Fish Sticks *Fig Bars	11  SCHOOL CLOSED
Fruits: Bananas, Raspberries, Apples, Nectarines, Applesauce Vegetables: Cauliflower Stir-Fry, Snap Pea Crisps, Baked Carrots, Squash	14 Orange Chicken w/ Jasmine Rice *Goldfish & String Cheese	15 Grilled Cheese Triangles *Carrots, Hummus, & Cracker	16 Buttered Noddle's w/ Green Peas *Snap Peas Crisps & Fruit	17 Turkey and Provolone Cheese Sandwich *Animal Crackers & Fruit	18 Breakfast for Lunch Oatmeal w/ Brown Sugar *Pretzel Thins & Craisins
Fruits: Pears, Seedless Grapes, Apple Pear, Pomegranate Arils Vegetables: Broccoli, Golden Corn, Veggie Sticks, Cinnamon Roasted Butternut Squash	21 Teriyaki Tofu over Jasmine Rice *Wheat Thins & Raisins	22 Pumpkin Soup w/ Dinner roll *1/2 Rice Cake & 1/2 Banana	23 Turkey & Cheese Sliders SCHOOL CLOSSES AT 3PM	24  SCHOOL CLOSED	25 SCHOOL CLOSED
Fruits: Applesauce, Cinnamon Apples, Pears, Bananas Vegetables: Snap Pea Crisps, Cucumbers, Mixed Veggies, Green Beans	28 Annie's Mac & Cheese *Pirate Booty & Fruit	29 Chicken Pot Pie with Garlic Bread *Chex Mix & String Cheese	30 BBQ Pulled Pork Sliders *Cheerios & Cheddar Cubes	1 Stir Fried Noodles w/ Vegetables *Veggie Straws & Fruit	2 Bento Box Deli Ham, Cheddar Cubes, & Baked Crackers *Applesauce & Raisins

We always use 100% organic ingredients unless they are unavailable. Lunch is served w/ Organic Whole Milk.
 *Menu item is afternoon snack for the day. Afternoon snack is served at 3:30pm and is served with filtered water.

🌱 = Vegetarian