

# Go Like the Wind Montessori School

## November Menu

Breakfast and Lunch Free for 4-year-old Primary and K-6 Students.  
3-year-old Primary Students will  
receive a Free Breakfast and may purchase a lunch for \$1.50.

Breakfast includes Milk, Fresh Fruit/Juice.

M- Banana Bread  
T- Cereal  
W- Gogurt & Graham Cracker  
Th- Bagel & Cream Cheese  
Fri- Wg Muffin

Lunch includes Milk, \* Fresh Fruit & \*Vegetables.

\*Season available Fresh Fruit & Veggies: Apples, Oranges, Peaches, Pears, Banana,  
Watermelon, Strawberries, Cucumbers, Cauliflower,  
Carrots, Peppers, Salad, Cherry Tomato, Broccoli, Cauliflower

November 1: Mini Corn dogs, Green Beans, Fresh Grapes

November 2: Grilled Cheese, Fresh Romaine Salad, Carrots/Hummus. Wg Chips, 100% Fruit  
Slushie

November 6: Turkey Subs, Cole Slaw, Fresh Kiwi

November 7: Hot Dogs, Wg Bun, Corn on the Cob, Country Apples

November 8: Yogurt Meal, Cheese Sticks, Wg muffin, cucumber slices, strawberries

November 9: Walking Tacos-Beef, Cheese, Lettuce, Refried Beans, Apple

November 10: Pepperoni Pizza, red peppers, mandarin oranges

November 13: Hamburger on Wg Bun, Cheese, Lettuce, Baked Beans, Cherry Tomato,  
Peaches

November 14: Chicken Tenders, Rice Pilaf, Broccoli, Wg Roll, Cherry Craisin

November 15: Wg Mini Pancakes, Yogurt, Cheese Sticks, Cucumber Slices, Blueberries

November 16: Salisbury Steak, Mashed Potato/Gravy, Breadstick, Pears

November 17: Pizza crunchers, carrots/chickpeas, pineapple

November 20: Soy butter & jelly, fresh carrots, cheese stick, wg crackers, strawberries

November 21: Chicken Drumstick, Mashed Potato/Gravy, Wg Rolls, Fresh apple

November 22: No School

November 23: No School

November 24: No School

November 27: Hot Dogs On Wg Bun, Baked Beans, Mandarin Oranges

November 28: Sweet & Sour Chicken, Rice Pilaf, red peppers, pineapple rings

November 29: Breakfast, Cheese Omelet, hash brown, wg muffin, apple slicees

November 30: Macaroni & Cheese, steamed broccoli, cantaloupe

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.