

- 2023 -

# NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Go Like the Wind Montessori

**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

6

Turkey Subs  
Cole Slaw  
Fresh Kiwi

7

Hot Dogs on Wg Bun  
Corn on the Cob  
Country Apples

8

Yogurt Meal  
Cheese Stick  
Wg Muffin  
Cucumber Slices  
Strawberries

9

Walking Taco-Beef  
Refried Beans  
Apple

10

Pepperoni Pizza  
Red Peppers  
Mandarin Oranges

13

Hamburger on  
Wg Bun  
Baked Beans  
Cherry Tomato  
Peaches

14

Chicken Tenders  
Rice Pilaf  
Broccoli  
Wg Roll  
Cherry Craisins

15

Wg Mini Pancakes  
Yogurt  
Cheese Stick  
Cucumbers  
Blueberries

16

Salisbury Steak  
Mashed Potatoes  
Breadstick  
Pears

17

Pizza Crunchers  
Carrots/Chickpeas  
Pineapple

20

Soy Butter & Jelly  
Fresh Carrots  
Cheese Stick  
Wg Crackers  
Strawberries

21

Chicken Drumstick  
Mashed Potatoes  
Wg Rolls  
Fresh Apple

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

27

Hot Dogs on Wg Bun  
Baked Beans  
Mandarin Oranges

28

Sweet & Sour Chicken  
Rice Pilaf  
Red Peppers  
Pineapple Rings

29

Breakfast  
Cheese Omelet  
Hash Brown  
Wg Muffin  
Apple Slices

30

Macaroni & Cheese  
Steamed Broccoli  
Cantaloupe