



Montessori Academy Scott Blvd.

Organic Menu

November 11 to November 15

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative additional food (optional)	Milk Blueberry pancakes and fresh fruit	Milk Zucchini bread w/ carrots, apples and fresh fruit	Milk Blueberry orange muffins w/ squash and fresh fruit	Milk Sun butter and jelly muffins w/ sweet potatoes	Milk Zucchini bread w/ carrots, apples and fresh fruit
AM Snack	Choose 2 of these 4 Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative Meat and/or meat alternative	Yogurt parfait with strawberry, sweet potato, and granola	Oatmeal raisin cookies w/ banana and zucchini and fresh fruit	Chocolate chip (allergy friendly) cookies and fresh fruit	Vegetable platter w/ bell pepper, carrot, cucumber and celery	Sun butter and jelly muffins w/ sweet potatoes
Lunch	Fluid Milk Meat and/or meat alternative Bread or equivalent Vegetable or fruit Vegetable or fruit Additional food (optional)	Milk Chicken noodle casserole with mixed vegetables	Milk Tacos w/ turkey, rice and black beans, corn, and spinach	Milk Sloppy joes w/ carrots and roasted sweet potatoes	Milk Mexican turkey and rice casserole with avocado and tomato	Milk Macaroni and cheese w/ butternut squash and peas
PM Snack	Choose 2 of these 4 Fluid Milk Fruit, vegetable or full strength juice Cereal, bread or bread alternative Meat and/or meat alternative	Pumpkin chocolate chip muffins and fresh fruit	Chocolate chip (allergy friendly) cookies and fresh fruit	Snack mix and fresh fruit	Oatmeal raisin cookies w/ banana and zucchini and fresh fruit	Snack mix and fresh fruit