



# *Belltower Montessori Academy*

## November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Drinks: 1% Milk or Pure Juice Water (Offered all day)			Grilled Cheese with Broccoli and Fresh Fruit  Wheat Thins and Raisins	Tuna sandwich and Corn. Fresh Fruit.  Trail Mix
5	6	7	8	9
Turkey sandwich with Mixed Vegetables. Fresh Fruit  Apple &Graham Crackers	Alfredo Pasta with Broccoli. Fresh Fruit.  Pretzels & Cranberries	Chicken Fried Rice with Mixed Vegetables. Fresh Fruit.  String Cheese & Raisins	Chicken Nuggets with Broccoli. Fresh Fruit.  Wheat Thins & Fruit	Tuna Fish Wraps with Green Beans. Fresh Fruit.  Trail Mix
12	13	14	15	16
<b>NO SCHOOL</b>	Quesadilla with Green Beans. Fresh Fruit.  Cheese Its and Juice	Pasta with meat sauce veggies and Fresh Fruit  String Cheese & Raisins	Turkey Tacos. Fresh fruit  Wheat Thins & Fruit	Baked Macaroni and Cheese with Peas. Fresh Fruit.  Trail Mix
19	20	21	22	23
Grilled Cheese and Corn.  Wheat thins and Fruit	Alfredo Pasta and Broccoli. Fresh Fruit  Pretzels & Cranberries	Chicken Fried Rice with Mixed Vegetables. Fresh Fruit.  String Cheese & Raisins	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
26	27	28	29	30
Turkey Sandwich with Fresh Fruit and Vegetables  Pretzels and String Cheese	Pasta with meat sauce veggies and Fresh Fruit  Cheese Its and Juice	Vegetarian Chili with Mashed Potatoes. Fresh Fruit  Wheat Thins & Fruit	Turkey Tacos. Fresh fruit  Pretzels & Cranberries	Tuna wrap with Veggies and Fresh Fruit  Trail Mix