Richmond Hill Montessori

November Week 1 & 3 Lunch Menu

	Breakfast	A.M. Snack	Lunch	P.M. Snack
Monday 4th 18th	Whole Grain Cereal Milk Water	Vanilla Wafers Water	Mac & Cheese Green Beans Mixed Fruit Milk	Whole Grain Apple Cinnamon Muffins Water
Tuesday 5th 19th	Whole Grain Pancakes Milk Water	Apple Slices Water	Chicken Taquitos Spanish Rice Pinto Beans Milk *Veg. Chicken taco	Goldfish Water
Wednesday 6th 20th	Whole Grain Cereal Milk Water	Bananas Water	French Toast w/ Syrup Turkey Sausage Applesauce Milk *Veg. Sausage	Caramel Rice cakes Water
Thursday 7th 21st	Whole Grain Pancakes Milk Water	Vanilla yogurt Parfait (graham cracker pieces) Water	Chicken Nuggets Mixed Veggies Mandarin Orange Milk *Veggie Nuggets	Crackers & Sliced Cheese Water
Friday 1st 8th 22nd	Whole Grain Cereal Milk Water	Baked Pitas w/ Jelly Water	Grilled Cheese Sandwich Veggie Straws Tomato Soup Milk	Cinnamon Graham Crackers Water