

November

2019

Athena Montessori Academy

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2 No School Parent conferences	
3	4 Beef tater tot casserole carrots salad veggie tater tot casserole fruit	5 Turkey Taco Tuesday GF DF Black beans GF DF V Jicama, cucumber, avocado bean tacos GF DF V fruit	6 Polenta beef pizza GF DF Salad veggie polenta pizza GF DF V fruit	7 Chicken fingers, mashed potatoes with gravy, roasted broccoli GF DF V tofu fingers GF DF V Fruit	8 BBQ pulled pork sandwich, coleslaw, ranch beans BBQ tofu GF DF V Fruit	9
10	11 Turkey chili, chopped salad GF DF V cornbread GF DF V veggie chili GF DF V Fruit	12 Taco Tuesday GF DF beans and rice GF DF V bean tacos GF DF V fruit	13 Cheese Pizza Salad fruit	14 Grilled cheese sammies, tomato soup GF DF V salad GF DF V fruit	15 Hamburger sliders with fixin's tater tots GF DF V veggie burgers GF DF V Fruit	16
17	18 Chicken and waffles, carrots & celery with Ranch, tofu and waffles GF DF V Fruit	19 Taco Tuesday GF DF Black Beans & corn GF DF V Mexican rice GF DF V bean tacos GF DF V fruit	20 Cheese Pizza Salad fruit	21 Spaghetti & meatballs, veggie pasta GF DF V Garlic bread fruit	22 Chicken bacon Ranch wheels veggie noodle soup DF V chips, Veggie Wraps GF DF V fruit	23
24	25 HAPPY	26 THANKS-	27 GIVING	28 DAY!!!	29 NO SCHOOL	30

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