


# Lunch Menu

Fort Montessori Academy

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>(nv) Italian chicken meat ball</b> <b>(v) vegetable sticks</b> white rice mix vegetable milk/ fruit	<b>2</b> <b>(nv) spaghetti &amp; meat sauce (turkey)</b> <b>(v) spaghetti, tofu &amp; marinara</b> tossed salad & ranch peas & carrots milk/ fruit	<b>3</b> <b>Cheese Pizza</b> Carrots w/ ranch
<b>6</b> <b>(nv) chicken nuggets</b> <b>(v) vegetable nuggets</b> green beans mashed potato milk/ fruit	<b>7</b> <b>(v/nv) Mac &amp; cheese</b> mix green/ranch peas & carrots milk milk/ fruit	<b>8</b> <b>(nv) turkey hot dog</b> <b>(v) veggie hot dog</b> corn ranch beans milk/ fruit	<b>9</b> <b>(nv) Turkey soft taco</b> <b>(v) bean &amp; cheese burrito</b> spanish beans spanish rice milk / fruit	<b>10</b> <b>Cheese Pizza</b> Salad w/ ranch
<b>13</b> <b>(nv) chicken dino nuggets</b> <b>(v) vegetable nuggets</b> carrots mashed potato milk/ fruit	<b>14</b> <b>(nv) ravioli &amp; meat sauce</b> <b>(v) cheese ravioli</b> <b>/marinara</b> salad dinner rolls milk / fruit	<b>15</b> <b>(nv) chicken taquitos</b> <b>(v) cheese &amp; beans burritos</b> spanish beans spanish rice milk / fruit	<b>16</b> <b>(nv) spaghetti &amp; meat ball</b> <b>(v) rotini pasta, tofu, marinara</b> tossed salad & ranch peas & carrots milk/ fruit	<b>17</b> <b>Thanksgiving Feast</b>
<b>20</b> <b>Veggie Fried Rice</b> Pineapple Milk	<b>21</b> <b>Cheese Pizza</b> Cucumbers w/ ranch	<b>22</b> <b>CLOSED</b>	<b>23</b> 	<b>24</b> <b>CLOSED</b>
<b>27</b> <b>(nv) chicken bite nuggets</b> <b>(v) vegetable nuggets</b> green beans tater tots milk/ fruit	<b>28</b> <b>(nv) turkey corn dog</b> <b>(v) cheese sticks</b> corn ranch beans milk/ fruit	<b>29</b> <b>(v/nv) Mac &amp; cheese</b> mix green/ranch peas & carrots milk milk/ fruit	<b>30</b> <b>(nv) rotini pasta &amp; meat sauce (turkey)</b> <b>(v) spaghetti, tofu &amp; marinara</b> tossed salad & ranch peas & carrots milk/ fruit	

**Children's Lunchbox \*\*\* (214)562-4015**

**2% milk is served with lunch daily. Vegetarian menu is available for those with dietary restriction; Water is served daily**