November Lunch Menu

Pacific Coast Montessori Academy

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti Marinara with Mixed Veggies	**3** Turkey Meatloaf With Broccoli	**4** Sautéed Orange Chicken with Peas and Carrots	**5** Beef Ragu with Corn	**6** Cheese Pizza with Oraanic Babv Carrots
Nut Free Trail Mix	Cucumbers and Cheese Slices	Homemade Granola Bars	Bucket Filling Parfait	Bagels and Cream Cheese
9 Cheese Quesadilla with Bell Pepper Strips	**10** Cook's Choice	**11** SCHOOL CLOSED HONORING ALL WHO SERVED VETERANS DAY UNITED STATES OF AMERICA	**12** Ground Beef Sliders with Baby Potatoes and Green Beans	**13** Vegetable Stir-Fry With Rice
Hummus and Pita Bread	Fruit Salad and Cheese		Pumpkin Pie in a Cup	Homemade Mini Jam Pinwheels
16 Grilled Cheese Sandwiches with Cucumbers	**17** Turkey and Cheese English Muffin Pizza with Peas and Carrots	**18** Shredded Chicken and Black Bean Burritos with Bell Pepper Strips	**19** Beef and Broccoli over White Rice	**20** Homemade Macaroni and Cheese with Mixed Vegetables
Fruit and Cheese Slices	Bananas and Vanilla Yogurt	Strawberry Muffins	Fruit and Veggie Jungle Trees	Mini Oat Cookies with Oranges
23 Bean and Cheese Burritos with Corn	**24** Cook's Choice	**25** **Harvest Feast** **11:00 AM - 12:00 PM**	**26** 	
Bagels and Cream Cheese	Homemade Raspberry Coconut Mini Loaves	Cheese and Fruit		
30 Cheese Pizza with Organic Baby Carrots				
Nut Free Trail Mix				

FRESH FRUIT AND MILK IS SERVED EVERY DAY WITH LUNCH.

ALL OF OUR LUNCHES AND AFTERNOON SNACKS ARE PREPARED FRESH DAILY. WE USE FRESH INGREDIENTS AND AVOID USING USING ULTRA PROCESSED FOODS.