

NOVEMBER | 2024



Go Like the Wind Montessori

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Hamburger on WG Bun Sweet Tater Tots Cucumbers Strawberries	29 Sweet & Sour Chicken Rice Pilaf Malibu Vegetables Peaches	30 Cheese Quesadilla Refried Beans Steamed Corn Mixed Fruit	31 Hot Dog Mummies Vampire Veggie Sticks WG Chips Fresh Apple Slices	1 NO SCHOOL
4 Mini Corndogs Baked Beans Cucumber Slices Tropical Fruit	5 Cheese Omelet Hash Browns WG Muffin Cherry Tomato Strawberry Cup	6 Chicken Patty on WG Bun Steamed Corn WG Chips Pineapple Chunks	7 Walking Beef Taco Cheese Fiesta Beans Cinnamon Apples	8 WG Pizza Broccoli Bites Mandarin Oranges
11 Hot Dog on WG Bun Smile Fries Celery Sticks & Dip Mixed Fruit	12 Chicken Tenders Texas Beans WG Crackers Orange Slices	13 Grilled Cheese Broccoli Bites WG Chips Fresh Grapes	14 Salisbury Steak Mashed Potato & Gravy WG Rolls Cantaloupe	15 WG Pizza Red Peppers Pineapple
18 WG Mini Pancakes Sausage Links Green Beans Blueberries	19 Hamburger on WG Bun Tater Tots Steamed Carrots Pears	20 Beef Taco on Soft Shell Cheese Refried Beans Pineapple	21 Thanksgiving Lunch Turkey Slices Mashed Potato & Gravy Corn WG Roll Cinnamon Apples	22 WG Pizza Carrot & /Dip Tropical Fruit
25 Chicken Patty on WG Bun Cheese French Fries Country Apples	26 Turkey Sub Cheese Stick Carrots WG Cracker Strawberry Cup	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

News

Breakfast and Lunch Free for 4-year -old Primary and K -6 students.

3-year -old Primary students will receive a free Breakfast and may purchase a lunch for \$1.50.

Breakfast includes Fruit, 100% Juice and 1% Low Fat Milk (White)

M - Cereal
T – Breakfast Bar
W - Bagel/Cream Cheese
Th – Yogurt
Fri – WG Muffin

Lunch includes 1% Low Fat Milk (White), *Fresh Fruits & Veggies.

***Season available Fresh Fruit & Veggies:** Apples, Oranges, Peaches, Pears, Banana, Watermelon, Strawberries, Cucumbers, Cauliflower, Carrots