



# Redwood Coast Montessori

## November 2018 – Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sweet potato & black bean chili (v) Cornbread	2 Burgers (m&v) French fries
5 Spaghetti (m&v) Garlic bread	6 Chicken Taco / Bean Taco Spanish Rice	7 BBQ chicken cheese quesadilla Veggies	8 Minestrone soup (v) Grilled cheese	9 Cowboy hotpot (v) Cornbread
12 Lasagna (m&v) Garlic bread	13 Burrito bar (m&v) Spanish rice	14 Tuna melt Grilled cheese	15 Italian bean soup (v) Garlic Bread	16 Thanksgiving delight (m&v)
Thanksgiving Break				
26 Italian noodle bake (m&v) Garlic bread	27 Nacho bar Spanish rice	28 Quiche (v) Veggies	29 Pinto beans (v) Corn bread	30 Sloppy Joes (m&v) French fries
<b>All lunches are served with a salad bar of fresh fruit, salad choices, and milk.</b>				