



Redwood Coast Montessori

November 2019 – Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <i>(Remember to say "Thank you" when you are served your lunch!)</i> | | | | 1 Chicken Burger Grilled Cheese French fries |
| 4 Spaghetti w/ (m&v) & garlic bread | 5 Blk Bean Burritos(v) Spanish rice | 6 Teriyaki Chicken Bowl Veggie Bowl | 7 Chicken Noodle or Veggie Noodle Soup | 8 Burgers (m&v) French fries |
| 11 Lasagna (m&v) garlic bread | 12 Chicken quesadilla Cheese quesadilla Spanish rice | 13 Chicken Pot Pie Veggie Pot Pie | 14 Black Beans (v) Corn Bread | 15 Hot Dogs (m&v) French fries |
| 18 Pasta w/ veggies (v) garlic bread | 19 Chicken or Veggie Fajitas Spanish rice | 20 Tuna Melt Grilled Cheese Broccoli Salad | 21 Sweet Potato Black Bean Chili (v) Cornbread | 22 Frito Pie (m&v) |
| 25 ----- | 26 --- NO SCHOOL | 27 THANKSGIVING | 28 BREAK ----- | 29 ----- |
| All lunches are served with a salad bar of fresh fruit, salad choices, and milk. | | | | |



Lunch Order Form: Nov. 2019

(Please fill out a separate form for **each** student in your family)

(Return this portion to school office by Tuesday 10/29/19)

Student's Name: _____ Class: _____

Parent's Name: _____ Phone: _____

| Mon. | Tues. | Wed. | Thurs. | Fri. |
|------|-------|------|--------|------|
| | | | | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 |

My child will order _____ lunches.

Full price = \$3.50
Reduced price = \$.40
Free = \$0

**Mark the calendar with M or V for your
selected lunch dates.
(M=meat, V=vegetarian)**