First State Montessori Academy November Lunch Menu

Plain or Chocolate milk is served with each meal.

Student Fees:
Lunch - $3.50
Reduced Cost - $.40

Monday	Tuesday	Wednesday	Thursday	Friday
5 Waffles and Turkey Bacon & Baby Carrots or Celery Sticks Or Munchable: Muffin, Apple Slices, Cheese Stick, Turkey Stick, Baby Carrots Fruit of the day: Bananas	**6** Beef Mac & Cheese w/ Peas and Steamed Broccoli Or Turkey & Cheese Sandwich on Wheat Kaiser Roll w/ Baby Carrots Fruit of the day: Apple Slices	**7** Cheese Pizza with Zucchini and Red Peppers Or Chicken Caesar Whole Wheat Wrap w/ Broccoli & Tomato Bites and Goldfish Crackers Fruit of the day: Honeydew	**8** Oven Roasted Chicken w/ Black Eyed Peas & Collard Greens Whole Wheat Dinner Roll Or Turkey, Ham & Cheese on Wheat Kaiser Roll w/ Celery Sticks and Soy butter Fruit of the day: Chef's Choice	**9** Meatball Subs, Green Beans Baked Fries Or Chicken Caesar Salad w/ Garlic Bread Parmesan Cheese & Tomatoes Fruit of the day: Assorted Fresh Fruit
12 **No School**	**13** Mandarin Orange Chicken, Steamed Brown Rice and Stir-Fried Vegetable Medley Or Teriyaki Chicken Wheat Wrap, Baby Carrots, Goldfish Crackers Fruit of the day: Apple slices	**14** All Beef Hot Dogs Green Beans w/ Red Peppers and Baked Beans Or American Cold-Cut w/ Lettuce & Tomato, Cool Ranch Doritos, and Cucumber Slices Fruit of the day: Cantaloupe	**15** Chicken Tenders, Tater Tots, and Glazed Carrots Or Roast Beef & Cheese On Wheat Bread w/ Goldfish Crackers, Baby Carrots Fruit of the day: Chef's Choice	**16** Beef Tacos with Refried Beans, Salsa and Steamed Broccoli Or Chicken Caesar Salad w/ Garlic Bread Parmesan Cheese & Tomatoes Fruit of the day: Assorted Fresh Fruit
19 **No School Thanksgiving Break**	**20** **No School Thanksgiving Break**	**21** **No School Thanksgiving Break**	**22** **No School Thanksgiving Break**	**23** **No School Thanksgiving Break**
26 Fish Sticks w/ Steamed Broccoli Roasted Butternut Squash or Munchable: Muffin, Apple Slices, Cheese Stick, Turkey Stick, Baby Carrots Fruit of the day: Banana	**27** General Tso's Chicken w/ Brown Rice and Stir-Fry Vegetables Or Teriyaki Chicken Wheat Wrap Baby Carrots, Goldfish Crackers Fruit of the day: Apple Slices	**28** Cheese Steak, French Fries, Collard Greens Or American Cold-Cut w/ Lettuce & Tomato, Cool Ranch Doritos, and Cucumber Slices Fruit of the day: Cantaloupe	**29** Chicken Tenders, Tater Tots, and Glazed Carrots Or Roast Beef & Cheese On Wheat Bread w/ Goldfish Crackers, Baby Carrots Fruit of the day: Chef's Choice	**30** Chicken Tacos w/ Refried Beans & Corn w/ Peppers and Onions Or Chicken Caesar Salad with Garlic Bread Parmesan Cheese & Tomatoes Fruit of the day: Assorted Fresh Fruit

First State Montessori Academy

Deep Roots, New Branches, A Delaware Charter School

Student Fees:
Breakfast - $2.00
Reduced Cost - $.30

November Breakfast Menu

Plain milk is served with each meal.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Assorted Cereal Kits Includes Cereal, Apple Juice & Graham Crackers	**6** Glazed Donut Holes Fruit of the day: Banana	**7** Apple Breakfast Bar Fruit of the day: Apple slices	**8** Cinnamon Apple Muffin Fruit of the day: Honeydew Melon Chunks	**9** Assorted Cereal Kits Includes Cereal, Apple Juice, & Graham Crackers
12 **No School**	**13** Raspberry Yogurt w/ Cinnamon Gripz Fruit of the day: Banana	**14** Chocolate Chip Breakfast Bar Fruit of the day: Apple Slices	**15** Banana Muffin Fruit of the day: Cantaloupe Chunks	**16** Assorted Cereal Kits Includes Cereal, Apple Juice & Graham Crackers
19 **No School Thanksgiving Break**	**20** **No School Thanksgiving Break**	**21** **No School Thanksgiving Break**	**22** **No School Thanksgiving Break**	**23** **No School Thanksgiving Break**
26 Assorted Cereal Kits Includes Cereal, Apple Juice & Graham Crackers	**27** Cherry Vanilla Yogurt w/ Cinnamon Gripz Fruit of the day: Banana	**28** Strawberry Breakfast Bar Fruit of the day: Apple Slices	**29** Blueberry Muffin Fruit of the day: Cantaloupe Chunks	**30** Assorted Cereal Kits Includes Cereal, Apple Juice & Graham Crackers