



# November

## Stars Montessori Academy

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Ham and Potato Cassarole  Fresh Fruit	2 Baked tilapia with cheese sause, boiled rice, broccoli and carrots.  Fresh Fruit	3 Grilled chicken and cheese quesadilla, steamed carrots and corn.	4 Cheese ravioli served with cauliflower and broccoli.  Fresh Fruit.
7 Ground beef stroganoff with carrots and peas.  Fresh Fruit	8 Grilled Turkey and cheese sandwich with cucumber and tomatoes.  Fresh Fruit.	9 Fish tacos with lettuce and tomato.  Fresh Fruit	10 Chicken and egg fried rice with steamed broccoli and peas.  Fresh Fruit	11 
14 Tuna casserole with peas and carrots.  Fresh Fruit	15 Chicken Noodle Soup with celery, carrots & Peas.  Fresh Fruit	16 Cheeseburger sliders with roasted red potatoes and carrots.  Fresh Fruit	17 Chicken Salad Sandwich with fresh Veggeis.  Fresh Fruit	18 Cheese and tomato homemade pizza with cucumber.  Fresh Fruit
21 Chicken Enchiladas with rice and corn  Fresh Fruit	22 Spaghetti with ground Turkey meat sauce served with carrots.  Fresh Fruit	23 Baked tilapia with cheese sause, boiled rice, broccoli and carrots.  Fresh Fruit	24 	25
28 Ground beef stroganoff with carrots and peas.  Fresh Fruit	29 Grilled Turkey and cheese sandwich with cucumber and tomatoes.  Fresh Fruit	30 Fish tacos with lettuce and tomato.  Fresh Fruit		