




FOUNDED 1970

# THE NEWSCHOOL MONTESSORI

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>Taco Tempest</i> <i>Cheese Enchiladas</i> <i>Refried Beans</i> <i>Fajita Veggies</i> <i>Fixin's Frenzy</i>	2 <b>NO SCHOOL</b> <i>Parent Conferences</i>
5 <i>Bangers 'n' Mash</i> <i>Veggie Sausage</i> <i>Roasted Tomatoes</i> <i>Dijon Coleslaw</i> <i>Applesauce</i>	6 <i>Bagels &amp; Cream Cheese</i> <i>Chicken Noodle Soup</i> <i>Veggie Quiche</i> <i>Candy Salad</i>	7 <i>Lemon-Herb Cod</i> <i>Panko Crusted Tofu</i> <i>Sweet Potato Mash</i> <i>Sugar-Snap Peas</i> <i>Creamy Yogurt</i>	8 <i>Pasta Pinnacle</i> <i>Penne or Spaghetti</i> <i>Ravioli Florentine</i> <i>Mushroom Medley</i> <i>Tuna Salad</i>	9 <i>Cheddar Turnovers</i> <i>Alphabet Soup</i> <i>Broccoli Gratin</i> <i>Chicken Salad</i> <i>New School Candy</i>
12 <i>Red Beans 'n' Rice</i> <i>Chicken Mole'</i> <i>Golden Cornbread</i> <i>Kale Salad</i> <i>Sweet Peaches</i>	13 <i>Turkey or Veggie Meatball Sub</i> <i>Green Beans</i> <i>Orzo Salad</i> <i>Italian Slaw</i>	14 <i>Country Chicken Stew</i> <i>Veggie "Chix Stew</i> <i>Egg Noodles</i> <i>Tender Corn</i> <i>Napa Salad</i>	15 <i>Tick Tock Tacos</i> <i>Blackened Chicken</i> <i>Refried Beans</i> <i>Chips 'n' Salsa</i> <i>Fixin's Fantasy</i>	16 <i>Toasted Cheese Sandwich</i> <i>Tomato-Basil Soup</i> <i>Sweet Peas</i> <i>Apple Strudel</i>
19 <i>Cincy-Style Turkey or Lentil Chili 3-Way</i> <i>Oyster Crackers</i> <i>Creamy Coleslaw</i> <i>Cucumber Salad</i>	20 <i>Thanksgiving Feast!</i> <i>Baked Turkey</i> <i>Baked "Tofurkey"</i> <i>All the Trimmings</i> <i>Pumpkin Pie</i>	21 <b>NO SCHOOL!</b>  <i>Thanksgiving Break</i>	22 <b>NO SCHOOL!</b>  <i>Thanksgiving Break</i>	23 <b>NO SCHOOL!</b>  <i>Thanksgiving Break</i>
26 <i>Chicken Curry</i> <i>Paneer Makhani</i> <i>Red-Curry Veggies</i> <i>Basmati Rice</i> <i>Vanilla Yogurt</i>	27 <i>Turkey Meatloaf</i> <i>Veggie Nut Loaf</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Applesauce</i>	28 <b>CHEF FOR A DAY!</b> <i>Congratulations, Mika!</i> <i>Lunch to be announced!!</i>	29 <i>Poetic Pasta</i> <i>Penne or Bowtie</i> <i>Spinach Sauté</i> <i>Choice of Cheeses</i> <i>Caesar Salad</i>	30 <i>Chicken Nuggets</i> <i>Veggie "Chix" Nugget</i> <i>Garlic Broccoli</i> <i>Roasted Beets</i> <i>Carrot Cake</i>

Every Day Choices May Include:

Turkey, Cheese or Tofu Cubes

Green Salad

Vegetarian Soup or Entrée

Whole Wheat Bread

Creamy Peanut Butter

2% White Milk

Menu Subject To Change Without Notice

