SCHOOLHOUSE GRILL
School Meal Specialist

Vision Montessori

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	**2**	**3**	**4**
All lunches served with age appropriate milk, either 1% or whole milk. All meals conform to grain requirements of ½ oz equivalent.	Italian Meatball 3 ea Sub ½ ea Topped w/ Mozzarella Cheese Fresh Green Beans ¼ c Veggie: Italian Meatless Ball Sub Fresh or Chilled Fruit	Grilled Chicken Breast 1 ea & Gravy; Creamy Mashed Potatoes ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Morningstar Patty; Fresh or Chilled Fruit	Classic Cheesy Baked Ziti ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Whole Grain Breaded Chicken Tenders 3 ea Fresh Green Beans ¼ c Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit
7	**8**	**9**	**10**	**11**
"Breakfast For Lunch" Buttermilk Panckaes 2 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Veggie Teriyaki Chik Strips; Fresh or Chilled Fruit	House Made Creamy Chicken Penne Alfredo ½ c Capri Mixed Vegetables ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea Sweet Hot Baby Peas ¼ c Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie: Veggie Meatless Balls over Rice Fresh or Chilled Fruit
14	**15**	**16**	**17**	**18**
Kid Fav Creamy Mac n' Cheese ½ c California Blend Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	Yum Turkey Hot Dog on a Whole Grain Bun 1 ea Two Way (Corn & Pea) Blend Hot Mixed Vegetables ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit	Beef Taco Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Bean Rice Bowl Fruit or Chilled Fruit	Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Fresh Green Beans ¼ c Veggie: Rainbow Tortellini Pasta Fresh or Chilled Fruit	Whole Grain Breaded Chicken Nuggets 4 ea; Five-Way Hot Mixed Vegetables ¼ c Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit
21	**22**	**23**	**24**	**25**
Mini Four Cheese Ravioli Marinara Sauce ½ c Capri Blend Vegetables ¼ c Veggie: Cheese Ravioli Fresh or Chilled Fruit	Fresh Grilled Beef Hamburger Patty on Whole Grain Bun 1 ea Sweet Hot Baby Peas ¼ c Veggie: Morningstar Garden Burger on Bun Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Link 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Thanksgiving Day Holiday	Thanksgiving Day Holiday
28	**29**	**30**		
Southern Mini Turkey Corn Dog Nuggets 4 ea Hot Cooked Carrot Coins ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c California Blend Vegetables ¼ c Veggie:Cavatappi w/ Marinara Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing; Veggie: Veggie Balls over Rice; Fresh or Chilled Fruit	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges