

November 2018



Monday, Wednesday

Thursday

Bagel w/Yogurt
& Cheese Stick

**Other Daily Specials
vary throughout
the week**



Daily Salad Bar
with Condiments

Today's Feature

Monday

Peas

Baby Carrots

Tuesday

Baby Carrots

Cucumber Coins

Wednesday

Baby Carrots

Garbanzo Beans

Thursday

Baby Carrots

Broccoli Buds

Friday

Baby Carrots



				1	2
				Beef Riblet Sandwich w/Dipping Sauce Confetti Coleslaw	Egg Omelet English Muffin Tater Tots
5	6	7	8	9	
Chicken Cordon Bleu Seasoned Corn	Tater Tot Casserole Green Beans WG Roll	Stuffed Baked Potato w/Ham & Cheese Steamed Broccoli Cinnamon Breadstick	Chicken Nuggets Oven Fries	Sandwich Central Deli Day Potato Salad	
12	13	14	15	16	
No School 	Macho Nachos Tortilla Chips Refried Beans	Popcorn Chicken Bowl Seasoned Corn WG Roll	Homemade Pancakes W/Scrambled Eggs Fruit Topping	Grandparent's Day Turkey Gravy Mashed Potatoes Green Beans Roll Dessert	
19	20	21	22	23	
Hot Ham & Cheese on a Pretzel Bagel Macaroni Salad	Teriyaki Dippers Brown Rice Steamed Broccoli	Early Release Chicken Nuggets Oven Fries	No School Thanksgiving Break		
26	27	28	29	30	
Ravioli Seasoned Vegetables	Taco Salad Bar Mexi Beans Tortilla Chips	Teriyaki Chicken Rice Bowl Garlic Breadstick	Homemade Chili w/onions Cornbread Fruit Jello	Burger Bar Oven Fries Lettuce & Tomato	

monteschools.nutrislice.com ***Check out our new website for menu information***



All pizzas made w/ reduced fat cheese
& whole grain crust. Includes daily salad bar.

Pepperoni Pizza
Cheese Pizza



Lean beef burgers w/ cheese and breaded chicken
sandwiches available daily. Includes salad bar

Daily Specials will
vary throughout the week



Fresh Food Fast- Packaged for Grab N' Go
(Salads served with a Dinner roll or Garlic Twist)

Specials

Monday Chef Salad
Tuesday Buffalo Popcorn Chicken Salad
Wednesday Oriental Chicken Salad
Thursday Chicken Caesar Salad
Friday Chef Salad

**Any question please call:
Food Service Director
360-391-6181**

Lunch Price - \$2.90