SCHOOLHOUSE GRILL
School Meal Specialist

# Montessori Children's House of Loudoun

# November 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | 1 | 2 | 3 |
| THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS<br><br>SHG is an equal opportunity provider. | Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges | Kid Fav Whole Grain Creamy Mac n' Cheese ½ c<br>Fresh Tossed Mixed Salad ¼ c w/ Creamy Ranch Dressing<br>Veggie: Mac n' Cheese<br>Fresh or Chilled Fruit | "Breakfast For Lunch" Jumbo Waffles 2 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Morningstar Breakfast Patty<br>Fresh or Chilled Fruit | Oriental Orange Chicken 2 oz ea<br>Whole Grain Rice ¼ c<br>Hot Cooked Broccoli ¼ c<br>Veggie: Orange Chik'n<br>Fresh or Chilled Fruit |
| 6 | 7 | 8 | 9 | 10 |
| Chicken Faijta Rice Bowl 2 oz<br>Whole Grain Rice ¼ c w/ Cheddar Cheese<br>Sweet Yellow Corn ¼ c<br>Veggie: Refried Beans & Rice<br>Fruit or Chilled Fruit | Whole Grain Breaded Chicken Tenders 3 ea<br>Hot Cooked Broccoli ¼ c<br>Veggie: Morningstar Chik Tenders<br>Fresh or Chilled Fruit | Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c<br>Five Way Blend Hot Mixed Vegetables ¼ c<br>Veggie: Cavatappi w/ Marinara<br>Fresh or Chilled Fruit | Southern Mini Turkey Corn Dog Nuggets 4 ea<br>Fresh Green Beans ¼ c<br>Veggie: Morningstar Chik Nuggets<br>Fresh or Chilled Fruit | Whole Grain Breaded Chicken Patty on Bun 1 ea<br>Hot Diced Carrot ¼ c<br>Veggie: BOCA Burger<br>Fresh or Chilled Fruit |
| 13 | 14 | 15 | 16 | 17 |
| Garlic Butter Sauce Rainbow Tortellini Pasta Blend Topped w/ Parmesan Cheese ½ c<br>Five Way Blend Hot Mixed Vegetables ¼ c; Veggie: Pasta<br>Fresh or Chilled Fruit | "Breakfast For Lunch" French Toast Sticks 3 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Morningstar Breakfast Patty<br>Fresh or Chilled Fruit | Breaded Chicken Patty on Whole Grain Bun 1 ea<br>Hot Carrot Coins ¼ c<br>Veggie: Morningstar Garden Burger on Bun<br>Fresh or Chilled Fruit | Italian Meatball 3 ea Sub ½ ea Topped w/ Mozzarella Cheese<br>Cucumbers 3 ea w/ Creamy Ranch Dressing<br>Veggie: Italian Ball Sub<br>Fresh or Chilled Fruit | Kid Fav Whole Grain Creamy Mac n' Cheese ½ c<br>Hot Cooked Broccoli ¼ c<br>Veggie: Mac n' Cheese<br>Fresh or Chilled Fruit |
| 20 | 21 | 22 | 23 | 24 |
| Whole Grain Breaded Chicken Nuggets 4 ea<br>Sweet Hot Baby Peas ¼ c<br>Veggie: Morningstar Chik Nuggets<br>Fresh or Chilled Fruit | Classic Cheesy Whole Grain Baked Ziti ½ c<br>Fresh Green Beans ¼ c<br>Veggie: Cheesy Baked Ziti<br>Fresh or Chilled Fruit | Thanksgiving Day<br><br>Holiday | Thanksgiving Day<br><br>Holiday | Thanksgiving Day<br><br>Holiday |
| 27 | 28 | 29 | 30 | |
| Home-Style Turkey Meatballs 3 ea over Whole Grain Rice ¼ c<br>Sweet Yellow Corn ¼ c<br>Veggie: Veggie Balls over Rice<br>Fresh or Chilled Fruit | Whole Grain Breaded Chicken Tenders 3 ea<br>Fresh Green Beans ¼ c<br>Veggie: Morningstar Chik Tenders<br>Fresh or Chilled Fruit | Kid Fav Whole Grain Creamy Mac n' Cheese ½ c<br>Fresh Tossed Mixed Salad ¼ c w/ Creamy Ranch Dressing<br>Veggie: Mac n' Cheese<br>Fresh or Chilled Fruit | "Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup<br>Turkey Sausage Link 1 ea<br>Veggie: Morningstar Breakfast Patty<br>Fresh or Chilled Fruit | |