

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**NO SCHOOL LABOR**
**4**
**Cabot Macaroni and Cheese**

 Roasted Zucchini  
 Honey Glazed Carrots  
 Homemade Whole Wheat Roll  
 Fruit Selection  
 Milk

**5**
**Welcome Back Pizza**

 Pepperoni, Cheese, Veggie  
 Tomato and Cucumber Salad  
 Fruit Selection  
 Milk

**Misty Knoll Chicken Drumstick**

 With BBQ Sauce  
 Whole Grain Corn Bread  
 Corn on the Cob  
 Baked Beans  
 Fruit Selection  
 Milk

**1**
**Turkey, Bacon, Cheddar Or Veggie Wrap**

 Spinach and Strawberry Salad  
 Carrot Sticks  
 Carrot Muffin  
 Fruit Selection  
 Milk

**8**
**Baked Potato Bar**

 Ham, Broccoli, Cheese  
 Chick Pea Salad  
 Fluffy Whole Grain Biscuit  
 Fruit Selection  
 Milk

**15**
**Crispy Chicken Tenders**

 Roasted Green Beans  
 Creamy Coleslaw  
 Oatmeal Muffin  
 Fruit Selection  
 Milk

**Grilled Cheese Sandwich**

 Tomato Tortellini Soup  
 Grilled Zucchini  
 Carrot Sticks  
 Fruit Selection  
 Milk

**11**
**Taco Tuesday**
**Two Tacos – Beef or Bean Cheddar Cheese**  
 Mexican Brown Rice  
 Seasoned Black Beans \*\*\* Corn  
 Corn Bread \*\* Salsa & Sour Cream  
 Fruit Selection  
 Milk

**12**
**Pizza**

 Pepperoni, Cheese, Veggie  
 Tomato and Cucumber Salad  
 Carrot Sticks  
 Fruit Selection  
 Milk

**13**
**Spaghetti with Meat Sauce or Marinara Sauce**

 Steamed Broccoli  
 Garlic Bread  
 Fruit Selection  
 Milk

**14**
**Deli Day**
**Turkey, Ham ,Cheese On Whole Wheat Bread**

 Lettuce, Tomato  
 Cheddar Broccoli Soup  
 Tossed Romaine Salad  
 Fruit Selection  
 Milk

**22**
**Italian Dunkers**
**Cheesy Baked Breadsticks**  
 With Marinara Sauce  
 Roasted Chick Peas  
 Honey Roasted Carrots  
 Fruit Selection  
 Milk

**18**
**Local Beef and Bean Chili**

 Cheddar Cheese  
 Corn Chips  
 Corn on the Cob  
 Fruit Selection  
 Milk

**19**
**Chicken Alfredo Pasta**

 Or Alfredo Pasta with Veggies  
 Roasted Green Beans  
 Cucumber Salad  
 Honey Oat Rolls  
 Fruit Selection  
 Milk

**20**
**BREAKFAST FOR LUNCH**
**Cheesy Scrambled Eggs**  
 French Toast Sticks  
 Maple Syrup  
 Steamed Broccoli  
 Fruit Selection  
 Milk

**21**
**Whole Grain Ravioli**

 w/ Marinara Sauce  
 Cottage Cheese  
 Buttery Green Beans  
 Garlic Bread  
 Fruit Selection  
 Milk

**25**
**Chicken and Biscuits**

 w/ Seasonal Veggies  
 Steamed Broccoli  
 Fruit Selection  
 Milk

**26**
**Meatball or Roasted Veggie Subs**
**Mozzarella and Marinara**  
 on Whole Wheat Bun  
 Roasted Zucchini  
 Fruit Selection  
 Milk

**27**
**Chicken Fajita**

 On Whole Grain Tortilla  
 Grilled Peppers and Onion  
 Corn  
 Sour Cream and Salsa  
 Corn Bread Muffin  
 Fruit Selection  
 Milk

**28**
**Hamburger, Cheeseburger Or Veggie Burger**

 Lettuce & Tomato  
 On Whole Grain Bun  
 Baked Beans  
 Seasoned Potato Wedges  
 Fruit Selection

**29**
**PRICES**

Paid Breakfast - \$1.85

Paid Lunch \$2.85

Reduced Breakfast and Lunch – FREE

Milk w/o a meal - \$.65

Adult Breakfast \$2.50    Adult Lunch \$5.00

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.