

Monday

Tuesday

Wednesday

Thursday

Friday

**PRICES**  
 Breakfast - \$1.85  
 Paid Lunch Meal \$2.85  
 Reduced and Free Lunch - FREE  
 Milk w/o a meal - \$.65  
 Adult Breakfast \$2.50    Adult Lunch \$5.00



**Macaroni and Cheese** 5  
 Broccoli  
 Baked Beans  
 Dinner Roll  
 Fruit Selection  
 Milk

**Tasty Tacos** 6  
**Beef or Bean Tacos**  
 Tomato Salsa  
 Roasted Carrots  
 Black Bean Soup  
 Brown Rice  
 Fruit Selection  
 Milk

**EARLY RELEASE DAY** 7  
**Turkey Bacon Cheddar Wrap**  
 On Whole Grain 8" Tortilla  
 Veggie Sticks with Dip  
 WG Goldfish  
 Fruit Selection  
 Apple  
 Milk

**Pizza Day** 1  
**Cheese Pizza**  
**Pepperoni Pizza**  
**Veggie Pizza**  
 Roasted Chick Peas  
 Caesar Salad  
 Fruit Selection  
 Milk

**NO SCHOOL** 2  
Parent Conferences

**Spaghetti with Meatballs** 8  
**or Marinara Sauce**  
 Cottage Cheese  
 Roasted Zucchini  
 Garlic Knot  
 Fruit Selection  
 Milk

**Hamburger or Cheeseburger** 9  
**Or Veggie Burger**  
**On Whole Grain Bun**  
 Corn  
 Sweet Potato Fries  
 Fruit Selection  
 Milk

**Cheesy Breadsticks** 12  
 Marinara Sauce  
 Edamame Beans  
 Fruit Selection  
 Milk

**Chicken Tenders** 13  
**Or Roasted Tofu Sticks**  
 Corn and Peas  
 Broccoli  
 Buttery Biscuit  
 Fruit Selection  
 Milk

**BREAKFAST FOR LUNCH** 14  
 Scrambled Eggs  
 French Toast Sticks  
 Maple Syrup  
 Roasted Sweet Potatoes  
 Fruit Selection  
 Milk

**Chicken and Biscuits** 15  
 Green Beans  
 Fruit Selection  
 Milk

**Ham and Cheese Sandwich** 16  
**Or Cheese Sandwich**  
 On Whole Grain Bread  
 Fall Vegetable Soup  
 Cucumber & Ranch Dip  
 Cookie  
 Fruit Selection  
 Milk

**No School** 19

**No School** 20

**Thanksgiving BREAK** 21

**THANKSGIVING** 22

**Thanksgiving BREAK** 23

**Chicken Alfredo** 26  
 (Rotini pasta with creamy sauce and chicken)  
**Cottage Cheese**  
 Peas  
 Fruit Selection  
 Milk

**Beef or Bean Burritos** 27  
 With Cheddar Cheese  
 Brown Rice  
 Corn  
 Chili Roasted Carrots  
 Fruit Selection  
 Milk

**PIZZA DAY** 28  
 Cheese Pizza  
 Pepperoni Pizza  
 Veggie Pizza  
 Steamed Broccoli  
 Fruit Selection  
 Milk

**Misty Knoll** 29  
**Chicken Drumsticks**  
 Or Baked Tofu  
 Roasted Brussel Sprouts  
 Baked Beans  
 Mashed Potatoes  
 Fruit Selection  
 Milk

**BAKED POTATO BAR** 30  
 Baked Potato w/ Butter  
 Ham, Broccoli, Cheddar Toppings  
 Garlic Knot  
 Coleslaw  
 Fruit Selection  
 Milk

FOR ALL ANWSD SCHOOLS PAY ONLINE WITH



**Alternative Meal**  
 A daily alternative to the main entrée  
 Bagel & Cream Cheese with 4 oz. Yogurt

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER**