

### 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  
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 or Marinara Sauce** 8  
Cottage Cheese  
Roasted Zucchini  
Garlic Knot  
Fruit Selection  
Milk

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

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

**Chicken Tenders Or Roasted Tofu Sticks** 13  
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

**Roast Turkey With Gravy and Stuffing** 15  
Butternut Squash  
Cranberry Sauce  
Peas \* Dinner Roll  
Roasted Potatoes  
Pumpkin Pie  
Milk

**Ham and Cheese Sandwich Or Cheese Sandwich** 16  
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

**Rotini with Meat Sauce or Cheese Sauce** 26  
Peas  
Bread Stick  
Fruit Selection  
Milk

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

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

**Misty Knoll Chicken Drumsticks Or Baked Tofu** 29  
Roasted Brussel Sprouts  
Baked Beans \* Cornbread  
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**