

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


**5**  
**Macaroni and Cheese**  
Broccoli  
Buttered Corn  
Blueberry Muffin  
Fresh Fruit and Veggie Bar  
Milk

**6**  
**Tasty Crunchy Tacos**  
**Beef or Bean Tacos**  
Fresh Tomato Salsa  
Roasted Carrots  
Mexican Beans  
Brown Rice  
Fresh Fruit and Veggie Bar  
Milk

**7**  
**EARLY RELEASE DAY**  
**Turkey and Cheese**  
**On Whole Grain Roll**  
**Sun Chips**  
Baby Carrots  
Apple  
Milk

**1**  
**BBQ Chicken Sandwich**  
Or  
**BBQ Tofu Sandwich**  
**On Whole Grain Bun**  
Baked Beans  
Tomato Cucumber Salad  
Fresh Fruit and Veggie Bar  
Milk

**2**  
**NO SCHOOL**  
Parent Conferences

**8**  
**Spaghetti**  
**With Marinara**  
**or Meat Sauce**  
Cottage Cheese  
Roasted Zucchini    Garlic Bread  
Fresh Fruit and Veggie Bar  
**November Birthday Treat**  
Milk

**9**  
**Hamburger or Cheeseburger**  
**Or Veggie Burger**  
**On Whole Grain Bun**  
Sweet Peas  
Sweet Potato Fries  
Coleslaw  
Fresh Fruit and Veggie Bar  
Milk

**12**  
**Chicken Tenders**  
**Or Roasted Tofu Sticks**  
Corn  
Broccoli  
Buttery Biscuit  
Fresh Fruit and Veggie Bar  
Milk

**13**  
**Grilled Ham and Cheese**  
or  
**Grilled Cheese Sandwich**  
On Whole Grain Bread  
Tomato Tortellini Soup  
Cucumber Apple Salad  
Fresh Fruit and Veggie Bar  
Milk

**14**  
**BREAKFAST FOR LUNCH**  
Scrambled Eggs  
French Toast Sticks  
Maple Syrup  
Sausage Link  
Roasted Sweet Potatoes  
Fresh Fruit and Veggie Bar  
Milk

**15**  
**Roast Turkey**  
**w/ Gravy and Stuffing**  
Mashed Potato  
Cranberry Sauce  
Peas \* Dinner Roll  
Apple Crisp  
Fresh Fruit and Veggie Bar  
Milk

**16**  
**Cheesy Breadsticks**  
Marinara Sauce  
Buttery Green Beans  
Fresh Fruit and Veggie Bar  
Milk

**19**  
**NO SCHOOL**

**20**  
**NOSCHOOL**

**21**  
**Thanksgiving**  
**BREAK**

**22**  
**THANKSGIVING**

**23**  
**Thanksgiving**  
**BREAK**

**26**  
**Rotini with Meat Sauce**  
**Or Marinara Sauce**  
Cottage Cheese  
Roasted Cauliflower  
Bread Stick  
Fresh Fruit and Veggie Bar  
Milk

**27**  
**Beef or Bean Burritos**  
With Cheddar Cheese  
Brown Rice  
Corn  
Salsa  
Chili Roasted Carrots  
Fresh Fruit and Veggie Bar  
Milk

**28**  
**PIZZA DAY**  
Cheese Pizza  
Pepperoni Pizza  
Veggie Pizza  
Steamed Broccoli  
Fresh Fruit and Veggie Bar  
Milk

**29**  
**Misty Knoll**  
**Chicken Drumsticks**  
Or Baked Tofu  
Roasted Brussel Sprouts  
Baked Beans \* WG Biscuit  
Mashed Potato  
Fresh Fruit and Veggie Bar  
Milk

**30**  
**BAKED POTATO BAR**  
Baked Potato w/ Butter  
Ham, Broccoli, Cheddar Toppings  
Cornbread  
Coleslaw  
Fresh Fruit and Veggie Bar  
Milk

**PRICES**  
Breakfast - FREE  
Paid Lunch Meal \$2.70  
Reduced and Free Lunch - FREE  
Milk w/o a meal - \$.65  
Adult Breakfast \$2.50    Adult Lunch \$5.00

**Alternative Meal**  
*A daily alternative to the main entrée*  
M, W, F – Bagel and Cream Cheese w/ 4 oz. Yogurt  
T, Th – Sunbutter & Jelly Sandwich

FOR ALL MAUSD SCHOOLS PAY  
ONLINE WITH



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