

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
Fresh 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
Roasted Root Veggies
Veggie Sticks
Fruit Selection
Milk

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

NO SCHOOL **2**
Parent Conferences

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 Parmesan **8**
With Rotini and Marinara Sauce
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

Roast Turkey **15**
w/ Gravy and Stuffing
Mashed Potato
Cranberry Sauce
Green Beans * Dinner Roll
Pumpkin Pie
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**

Spaghetti with Meatballs **26**
Or Marinara Sauce
Cottage Cheese
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 **29**
Chicken Drumsticks
Or Baked Tofu
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