

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**  
**Macaroni and Cheese**  
Broccoli  
Baked Beans  
Dinner Roll  
Fresh Fruit and Veggie Bar  
Milk

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

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

**1**  
**Pizza Day**  
**Cheese Pizza**  
**Pepperoni Pizza**  
**Veggie Pizza**  
Roasted Chick Peas  
Caesar Salad  
Fresh Fruit and Veggie Bar  
Milk

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

**12**  
**Cheesy Breadsticks**  
Marinara Sauce  
Buttery Green Beans  
Fresh Fruit and Veggie Bar  
Milk

**13**  
**Chicken Tenders**  
**Or Roasted Tofu Sticks**  
Corn  
Broccoli  
Buttery Biscuit  
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

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

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

**15**  
**Roast Turkey**  
**w/ Gravy and Stuffing**  
Mashed Potato  
Cranberry Sauce  
Green Beans \* Dinner Roll  
Pumpkin Pie  
Fresh Fruit and Veggie Bar  
Milk

**16**  
**Ham and Cheese Sandwich**  
**Or Cheese Sandwich**  
On Whole Grain Bread  
Fall Vegetable Soup  
Cucumber Apple Salad  
Cookie  
Fresh Fruit and Veggie Bar  
Milk

**19**  
**Thanksgiving**  
**BREAK**

**20**  
**Thanksgiving**  
**BREAK**

**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 Potatoes  
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 - \$1.25  
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 – Peanut Butter & Jelly Sandwich

FOR ALL MAUSD SCHOOLS PAY  
ONLINE WITH



**PAY FOR MEALS ONLINE**  
 MySchoolBucks.com