

Monday
Tuesday
Wednesday
Thursday
Friday


5
Macaroni and Cheese
 Broccoli
 Chick Pea Salad
 Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

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

7
EARLY RELEASE DAY
Turkey, Bacon, Cheddar
Wrap
 On Whole Grain 8" Tortilla
 Pretzels
 Veggie Sticks with Dip
 Cookie 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

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

12
BREAKFAST FOR LUNCH
 Scrambled Eggs
 French Toast Sticks
 Maple Syrup
 Sausage Link
 Roasted Sweet Potatoes
 Fresh Fruit and Veggie Bar
 Milk

13
Chicken Tenders
Or Roasted Tofu Sticks
 Corn
 Broccoli
 Buttery Biscuit
 Fresh Fruit and Veggie Bar
 Milk

14
Cheesy Breadsticks
 Marinara Sauce
 Buttery Green Beans
 Fresh Fruit and Veggie Bar
 Milk

15
Roast Turkey
w/ Gravy and Stuffing
 Mashed Potato
 Cranberry Sauce * Dinner Roll
 Peas * Cottage Cheese * Pickles
 Pumpkin Pie
 Milk

16
Ham and Cheese Sandwich
Or Cheese Sandwich
 On Whole Grain Bread
 Turkey Noodle 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 Cheese Sauce
Or Marinara Sauce
 Cottage Cheese
 Roasted Cauliflower
 Bread Stick
 Fresh Fruit and Veggie Bar
 Milk

27
Local Beef
Meatloaf
 Mashed Potato
 Peas and Carrots
 Dinner Roll
 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 * Honey Oat Roll
 Roasted Potatoes
 Fresh Fruit and Veggie Bar
 Milk

30
BAKED POTATO BAR
 Baked Potato w/ Butter
 Ham, Broccoli, Cheddar Toppings
 Cornbread
 Green Beans
 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 – Peanut Butter & Jelly Sandwich

FOR ALL MAUSD SCHOOLS PAY
 ONLINE WITH



PAY FOR MEALS ONLINE
 MySchoolBucks.com