

Monday

Tuesday

Wednesday

Thursday

Friday



PIZZA DAY 1
Cheese Pizza
Pepperoni Pizza
Veggie Pizza
 Roasted Chick Peas
 Caesar Salad
 Fresh Fruit and Veggie Bar
 Milk

NO SCHOOL 2
Parent Conferences

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

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

EARLY RELEASE DAY 7
Turkey, Bacon, Cheddar Sandwich
 Sun Chips
 Apple
 Milk

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

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

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

BREAKFAST FOR LUNCH 13
 Scrambled Eggs
 French Toast Sticks
 Maple Syrup
 Sausage Link
 Roasted Sweet Potatoes
 Fresh Fruit and Veggie Bar
 Milk

Chicken Tenders 14
Or Roasted Tofu Sticks
 Corn
 Broccoli
 Buttery Biscuit
 Fresh Fruit and Veggie Bar
 Milk

HARVEST LUNCH 15
Parents Welcome – RSVP by 11/9
Roast Turkey w/ Gravy and Stuffing
 Mashed Potato
 Cranberry Sauce * Dinner Roll
 Peas
 Pumpkin Pie * Milk

Ham and Cheese Sandwich 16
Or Cheese Sandwich
 On Whole Grain Bread
 Corn Chowder
 Cucumber Apple Salad
 Cookie
 Fresh Fruit and Veggie Bar
 Milk

Thanksgiving BREAK 19

Thanksgiving BREAK 20

Thanksgiving BREAK 21

THANKSGIVING 22

Thanksgiving BREAK 23

Rotini with Cheese Sauce 26
Or Marinara Sauce
 Cottage Cheese
 Roasted Cauliflower
 Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

Beef or Bean Burritos 27
 With Cheddar Cheese
 On Whole Grain 8" tortillas
 Brown Rice
 Corn * Salsa
 Chili Roasted Carrots
 Fresh Fruit and Veggie Bar
 Milk

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

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

BAKED POTATO BAR 30
 Baked Potato w/ Butter
 Ham, Broccoli, Cheddar Toppings
 Cornbread
 Green Beans
 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 – Turkey and Cheese Sandwich

FOR ALL MAUSD SCHOOLS PAY ONLINE WITH

