

Monday

Tuesday

Wednesday

Thursday

Friday



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

NO SCHOOL
Parent Conferences

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

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

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

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

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

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

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

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

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



HOLIDAY MEAL
Roast Turkey
w/ Gravy and Stuffing
Mashed Potatoes
Cranberry Sauce
Green Beans * Dinner Roll
Pumpkin Pie
Milk

No School

No School

Thanksgiving
BREAK

THANKSGIVING

Thanksgiving
BREAK

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

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

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

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

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 – Sunbutter and Jelly Sandwich
T, Th – Bagel and Cream Cheese with Yogurt or Cheese

FOR ALL MAUSD SCHOOLS PAY
ONLINE WITH



PAY FOR MEALS ONLINE
 MySchoolBucks.com