

Monday
Tuesday
Wednesday
Thursday
Friday

**FOLLOW US ON
INSTAGRAM**
@greatschoolmeals

TACO TUESDAY

Beef or Bean Tacos
Cornbread
Refried Beans
Corn
Salsa Sour Cream
Fruit Selection
Milk

1
EARLY RELEASE DAY

Turkey Sandwich on
WW Bread w/ lettuce
Or Hummus & Veggie Wrap
Sliced Cucumbers & Carrots w/ Dip
Applesauce
Milk

2
**Pork Roast
With Gravy**

Mashed Potatoes
Peas
Dinner Roll
Fruit Selection
Milk

3
Chicken or Tofu Tenders

With BBQ Sauce
Buttery WG Rotini
Steamed Broccoli
Carrot Sticks
Fruit Selection
Milk

4
**Chicken Salad Wrap or
Hummus and Veggie Wrap**

Sweet Potato Waffle Fries
Tossed Salad
Fruit Selection
Milk

7
**Homestyle Chicken & Biscuits
With Veggies**

Roasted Garlicky Green Beans
Fruit Selection
Milk

8
PIZZA DAY

Big Daddy's Round Pizza
Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
Roasted Zucchini & Carrot with Basil
Fruit Selection
Milk

9
**Italian Spaghetti w/
Meat Sauce or Marinara Sauce**

Cottage Cheese
Crunchy Broccoli with Dip
Garlic Bread
Fruit Selection
MILK

10
**Hamburger or Cheeseburger
Or Veggie Burger**

Corn
Baked Potato Fries
Fruit Selection
MILK

11
**Beef Stroganoff
With Buttery Noodles**

Corn
Dinner Roll
Baked Sweet Potato
Fruit Selection
Milk

14
**Teriyaki
Chicken or Tofu**

Veggie Lo Mein w/
Cabbage & Carrot
Green Peas
Fruit Selection
Milk

15
BREAKFAST FOR LUNCH

Cheesy Scrambled Eggs
French Toast Sticks
w/ VT Maple Syrup
Roasted Red Potatoes
Steamed Broccoli
Fruit Selection
Milk

16
**Cheesy Breadstick
Marinara Sauce**

Buttery Green Beans
Roasted Chick Peas
Fruit Selection
Milk

17
**NO SCHOOL
RECESS**
18
**Whole Grain Cheese Ravioli
With Marinara**

Steamed Summer Veggies
Green Beans
Cottage Cheese
Fruit Selection
Milk

21
**Hand Rolled Beef & Cheese
Or Bean & Cheese BURRITO**

On WW Tortilla
Brown Rice
Corn
Chili Roasted Carrots
Fruit Selection
Milk

22
PIZZA DAY

Big Daddy's Round Pizza
Cheese, Pepperoni, Veggie
Steamed Cauliflower
Fruit Selection
Milk

23
**Misty Knoll Chicken Drumstick
Or Baked Tofu w/ BBQ Sauce**

Baked Beans
Roasted Broccoli
Dinner Roll
Fruit Selection
Milk

24
**Baked Potato Bar
Baked Potato**

Ham/Broccoli/Cheese Fixins
Cornbread
Tomato Cucumber Salad
Fruit Selection
Milk

25
**Grilled Cheese or
Grilled Ham and Cheese**

Tomato Soup
Garden Cucumber Spears
Fruit Selection
Milk

28
MAKE YOUR OWN

Fajita Wrap
Seasoned Chicken or Tofu
On WW 8" Tortilla
Choose: Cheese, Peppers, Onion,
Sour Cream, Salsa
Rice Corn
Fruit Selection Milk

29
**Meatballs with Marinara
or Roasted Veggie and Pesto**

Sub Sandwich
w/ Mozzarella Cheese
Cukes and Dip
Chick Pea Salad
Fruit Selection Milk

30
HAPPY HALLOWEEN

Ghostly Goooolash
Spooky Spinach Salad
Roasted Scarrots
Pumpkin Bread
Freaky Fruit Selection
Myummy Milk

31

This institution is an equal opportunity provider.

PRICES
 Breakfast - \$1.85
 Paid Lunch \$2.85
 Reduced and Free Lunch - FREE
 Milk w/o a meal - \$.65
 Adult Breakfast \$2.50 Adult Lunch \$5.00

**Please pay for meals in advance or
apply for Free meals**

