

Monday
Tuesday
Wednesday
Thursday
Friday

**FOLLOW US ON
INSTAGRAM**
@greatschoolmeals

TACO TUESDAY

Beef or Bean Tacos
 WG 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
 Cinnamon Apple Slices
 Milk

2
**Pork Roast
With Gravy**

Mashed Potatoes
 Steamed Broccoli
 Herbed Focaccia
 Fruit Selection
 Milk

3
Chicken or Tofu Tenders

With BBQ Sauce
 Brown Rice Pilaf
 Peas
 Sliced Pepper Strips
 Fruit Selection
 Milk

4
**Chicken Salad
Sandwich or
Roasted Vegetable Mozzarella and
Pesto Sandwich**

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

Cheese, Pepperoni, Veggie
 Caesar Salad with Croutons
 Roasted Zucchini & Carrot with Basil
 Fruit Selection
 Milk

9
**Italian Rotini Meat Sauce Or
Marinara Sauce**

Cottage Cheese
 Steamed Broccoli
 Garlic Bread
 Fruit Selection
 MILK

10
Hamburger or Cheeseburger

Or Veggie Burger
 Local Corn on the Cob
 Baked Potato Fries
 Fruit Selection
 MILK

11
**Beef Stroganoff
With Buttery Noodles**

Corn
 Baked Sweet Potato
 Dinner Roll
 Fruit Selection
 Milk

14
**Teriyaki
Chicken or Tofu**

Vegetable Stir Fry
 Brown Rice
 Fortune Cookie
 Fruit Selection
 Milk

15
BREAKFAST FOR LUNCH

Cheesy 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 Garden Veggies
 Cottage Cheese
 Fruit Selection
 Milk

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

On WW Tortilla
 Brown Rice
 Corn
 Roasted Carrots and Onion
 Fruit Selection
 Milk

22
PIZZA DAY

Cheese, Pepperoni, Veggie
 Caesar Salad with Croutons
 Fruit Selection
 Milk

23
**Misty Knoll Chicken Drumsticks
Or Baked Tofu**

Baked Beans
 Roasted Broccoli
 Dinner Roll
 Fruit Selection
 Milk

24
**Baked Potato Bar
Baked Potato**

Ham/Broccoli/Cheese Fixins
 Pita Toasts
 Tomato Cucumber Salad
 Fruit Selection
 Milk

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

Tomato Tortellini Soup
 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 Milk
 Fruit Selection

29
**Meatballs with Marinara
or Roasted Veggie with
Pesto Sub Sandwich**

w/ Mozzarella Cheese
 Italian Roasted Zucchini
 Chick Pea Salad
 Fruit Selection
 Milk

30
**HAPPY HALLOWEEN
Ghostly Goooooosh**

Spooky Spinach Salad
 Roasted Scary 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**

