

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**FOLLOW US ON  
INSTAGRAM**  
@greatschoolmeals

**TACO TUESDAY**

Beef or Bean Tacos  
Cornbread  
Refried Beans  
Corn  
Salsa Sour Cream  
Fresh Fruit and Veggie Bar  
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**
**Roast Turkey  
With Gravy**

Mashed Potatoes  
Peas  
Dinner Roll  
Fresh Fruit and Veggie Bar  
Milk

**3**
**Chicken or Tofu Tenders  
With BBQ Sauce**

Brown Rice Pilaf  
Steamed Broccoli  
Carrot Sticks  
Fresh Fruit and Veggie Bar  
Milk

**4**

**Buffalo Ranch  
Chicken Salad Wrap or  
Hummus and Veggie Wrap**  
Sweet Potato Waffle Fries  
Tossed Salad  
Fresh Fruit and Veggie Bar  
Milk

**7**
**Homestyle Chicken & Biscuits  
With Veggies**

Roasted Garlicky Green Beans  
Fresh Fruit and Veggie Bar  
Milk

**8**
**PIZZA DAY**

Cheese, Pepperoni, Veggie  
Caesar Salad with Croutons  
Roasted Zucchini & Carrot with Basil  
Fresh Fruit and Veggie Bar  
Milk

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

Cottage Cheese  
Steamed Broccoli  
Garlic Bread  
Fresh Fruit and Veggie Bar  
MILK

**10**
**Hamburger or Cheeseburger  
Or Veggie Burger**

Corn  
Baked Potato Fries  
Fresh Fruit and Veggie Bar  
MILK

**11**
**Meaty Goulash**

Corn  
Baked Sweet Potato  
Fresh Fruit and Veggie Bar  
Milk

**14**
**Teriyaki  
Chicken or Tofu**

Cabbage and Carrot Stir Fry  
Brown Rice  
Eggroll  
Fresh Fruit and Veggie Bar  
Milk

**15**
**BREAKFAST FOR LUNCH  
Cheesy Scrambled Eggs**

French Toast Sticks  
w/ VT Maple Syrup  
Roasted Red Potatoes  
Steamed Broccoli  
Fresh Fruit and Veggie Bar  
Milk

**16**
**Cheesy Breadstick  
Marinara Sauce**

Buttery Green Beans  
Roasted Chick Peas  
Fresh Fruit and Veggie Bar  
Milk

**17**
**NO SCHOOL  
RECESS**
**18**

**Whole Grain Cheese Ravioli**  
Marinara  
Green Beans  
Cottage Cheese  
Fresh Fruit and Veggie Bar  
Milk

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

**On WW Tortilla**  
Brown Rice  
Corn  
Chili Roasted Carrots  
Fresh Fruit and Veggie Bar  
Milk

**22**
**PIZZA DAY**

Cheese, Pepperoni, Veggie  
Caesar Salad with Croutons  
Fresh Fruit and Veggie Bar  
Milk

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

Baked Beans  
Roasted Broccoli  
Dinner Roll  
Fresh Fruit and Veggie Bar  
Milk

**24**
**Turkey Bacon Cheddar Wrap  
Or Hummus and Veggie Wrap**

**Chicken Noodle Soup**  
Chick Pea Salad  
Tomato and Cucumber Salad  
WG Goldfish  
Fresh Fruit and Veggie Bar Milk

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

Tomato Tortellini Soup  
Garden Cucumber Spears  
Fresh Fruit and Veggie Bar  
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  
Fresh Fruit & Veggie Bar

**29**
**Baked Potato Bar  
Baked Potato**

Ham/Broccoli/Cheese Fixins  
Cornbread  
Roasted Chick Peas  
Fresh Fruit and Veggie Bar  
Milk

**30**
**HAPPY HALLOWEEN  
MYUMMY MINI MEATLOAVES**

Spooky Spinach Salad  
R.I.P. Rice  
Roasted Scarrots  
Pumpkin Bread  
Freaky Fresh Fruit and Veggie Bar  
Myummy Milk

**31**

This institution is an equal opportunity provider.

**PRICES**

Breakfast - FREE

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**



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com

