

Monday
Tuesday
Wednesday
Thursday
Friday

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TACO TUESDAY

1
Beef or Bean Tacos
WG Cornbread
Refried Beans
Corn
Salsa Sour Cream
Fresh Fruit and Veggie Bar
Milk

**EARLY RELEASE DAY
Turkey Sandwich on
WW Bread w/ lettuce**

2
Or Hummus & Veggie Wrap
Sliced Cucumbers & Carrots w/ Dip
Cinnamon Apple Slices
Milk

**Turkey Roast
With Gravy**

3
Mashed Potatoes
Peas
WG Dinner Roll
Fresh Fruit and Veggie Bar
Milk

**Chicken or Tofu Tenders
With BBQ Sauce**

4
Brown Rice Pilaf
Steamed Broccoli
Carrot Sticks
Fresh Fruit and Veggie Bar
Milk

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

7
Sweet Potato Waffle Fries
Blueberry Muffin
Fresh Fruit and Veggie Bar
Milk

**Homestyle Chicken & Biscuits
With Veggies**

8
Roasted Garlicky Green Beans
Fresh Fruit and Veggie Bar
Milk

PIZZA DAY

9
Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
Roasted Zucchini & Carrot with Basil
Fresh Fruit and Veggie Bar
Milk

**Rotini with
Meat Sauce Or
Marinara Sauce**

10
Cottage Cheese
Steamed Broccoli
Garlic Bread
Fresh Fruit and Veggie Bar
MILK

**Hamburger or Cheeseburger
Or Veggie Burger**

11
Corn
Baked Potato Fries
Fresh Fruit and Veggie Bar
MILK

**Beef Stroganoff
With Buttery Noodles**

14
Corn
Dinner Roll
Baked Sweet Potato
Fresh Fruit and Veggie Bar
Milk

**Teriyaki
Chicken or Tofu**

15
Cabbage and Carrot Stir Fry
Brown Rice
Fortune Cookie
Veggie Bar
Milk

BREAKFAST FOR LUNCH

16
Cheese Scrambled Eggs
French Toast Sticks
w/ VT Maple Syrup
Roasted Red Potatoes
Steamed Broccoli
Fresh Fruit and Veggie Bar
Milk

**Cheesy Breadstick
Marinara Sauce**

17
Buttery Green Beans
Roasted Chick Peas
Fresh Fruit and Veggie Bar
Milk

**NO SCHOOL
RECESS**

18

Whole Grain Cheese Ravioli

21
Marinara Sauce
Green Beans
Cottage Cheese
Fresh Fruit and Veggie Bar
Milk

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

22
On WW Tortilla
Brown Rice
Corn
Roasted Carrots
Fresh Fruit and Veggie Bar
Milk

PIZZA DAY

23
Cheese, Pepperoni, Veggie
Caesar Salad with Croutons
Fresh Fruit and Veggie Bar
Milk

**Misty Knoll Chicken Drumsticks
Or Baked Tofu w/ BBQ Sauce**

24
Baked Beans
Roasted Broccoli
Dinner Roll
Fresh Fruit and Veggie Bar
Milk

**Baked Potato Bar
Baked Potato**

25
Ham/Broccoli/Cheese Fixins
Cornbread
Tomato Cucumber Salad
Fresh Fruit and Veggie Bar
Milk

**Grilled Cheese or
Grilled Ham and Cheese**

28
Tomato Tortellini Soup
Garden Cucumber Spears
Fresh Fruit and Veggie Bar
Milk

MAKE YOUR OWN

29
Fajita Wrap
Seasoned Chicken or Tofu
On WW 8" Tortilla
Choose: Cheese, Peppers, Onion,
Sour Cream, Salsa
Rice Corn Milk
Fresh Fruit and Veggie Bar

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

30
Sub Sandwich
w/ Mozzarella Cheese
Italian Roasted Zucchini
Chick Pea Salad
Fresh Fruit and Veggie Bar
Milk

**HAPPY HALLOWEEN
Ghostly Goooooosh**

31
Spooky Spinach Salad
Roasted Scary Scarrots
Pumpkin Bread
Freaky Fresh Fruit and Veggie Bar
Myummy Milk

PRICES

Breakfast - \$1.50
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**

This institution is an equal opportunity provider.

