

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**FOLLOW US ON  
INSTAGRAM**  
**@greatschoolmeals**

**TACO TUESDAY** **1**

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

**EARLY RELEASE DAY** **2**

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

**Pork Roast  
With Gravy** **3**

Mashed Potatoes  
Peas  
Dinner Roll  
Fruit Selection  
Milk

**Chicken or Tofu Tenders** **4**

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

**Chicken Salad Wrap or  
Hummus and Veggie Wrap** **7**

Sweet Potato Waffle Fries  
Tossed Salad  
Blueberry Muffin  
Fruit Selection  
Milk

**Homestyle Chicken & Biscuits  
With Veggies** **8**

Roasted Garlicky Green Beans  
Fruit Selection  
Milk

**PIZZA DAY** **9**

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

**Italian Spaghetti w/  
Meat Sauce or Marinara Sauce** **10**

Cottage Cheese  
Crunchy Broccoli with Dip  
Garlic Bread  
Fruit Selection  
MILK

**Hamburger or Cheeseburger  
Or Veggie Burger** **11**

Corn  
Baked Potato Fries  
Fruit Selection  
MILK

**Beef Stroganoff  
With Buttery Noodles** **14**

Corn  
Baked Sweet Potato  
Dinner Roll  
Fruit Selection  
Milk

**Teriyaki  
Chicken or Tofu** **15**

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

**BREAKFAST FOR LUNCH** **16**

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

**Cheesy Breadstick  
Marinara Sauce** **17**

Buttery Green Beans  
Roasted Chick Peas  
Fruit Selection  
Milk

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

**Whole Grain Cheese Ravioli** **21**

Marinara  
Green Beans  
Cottage Cheese  
Fruit Selection  
Milk

**Hand Rolled Beef & Cheese  
Or Bean & Cheese BURRITO** **22**

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

**PIZZA DAY** **23**

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

**Misty Knoll Chicken Drumstick  
Or Baked Tofu w/ BBQ Sauce** **24**

Baked Beans  
Roasted Broccoli  
WG Dinner Roll  
Fruit Selection  
Milk

**Baked Potato Bar  
Baked Potato** **25**

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

**Grilled Cheese or  
Grilled Ham and Cheese** **28**

Tomato Soup  
Garden Cucumber Spears  
Fruit Selection  
Milk

**MAKE YOUR OWN** **29**

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

**Meatballs with Marinara  
or Roasted Veggie with Pesto** **30**

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

**HAPPY HALLOWEEN** **31**

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



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**

