



SEPTEMBER 2020

MAUSD ELEMENTARY SCHOOLS

Catering in the Classroom

All School Meals Are
Free
for all students!

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

FREE meals for remote learners will be available for pick up every week **starting on September 16.**
Pick up 6 meals (breakfast and lunch) every Wednesday at Mt. Abe from 4:00-5:30.
See **Take Out School Meals Menu** on our website and [SIGN UP FOR MEAL PICK UP](#)

NO SCHOOL **7**

COHORT 1 **8**
1-Cheese or Pepperoni Pizza
Tossed Garden Salad w/ Vegetables
2-Deli Turkey Sandwich on WG Bread
Raw Veggie Sticks w/Dip
FRUIT & MILK

All REMOTE **9**

COHORT 2 **10**
1-Macaroni and Cheese
Roasted Carrots
Dinner Roll
2 - Bagel & Cream Cheese
4 oz. Yogurt & Cabot Cheese
Veggie Medley w/Dip
FRUIT & MILK

COHORT 2 **11**
1-Cheese or Pepperoni Pizza
Tossed Garden Salad w/ Vegetables
2-Deli Turkey Sandwich on WG Bread
Raw Veggie Sticks w/Dip
FRUIT & MILK

COHORT 1 **14**
1-Chicken Tenders
Or Baked Tofu (V) w/ BBQ Sauce
Corn & Mashed Potatoes
Whole Grain Biscuit
2 - Deli Turkey & Cheese Sandwich
Veggie Medley w/ Dip
FRUIT & MILK

COHORT 1 **15**
1-Penne Pasta w/ Marinara
Meatballs or Cottage Cheese (V)
Roasted Broccoli & Garlic Bread Stick
2 - Bagel & Cream Cheese
4 oz. Yogurt & Cabot Cheese
Veggie Medley w/ Dip
FRUIT & MILK

ALL REMOTE **16**

COHORT 2 **17**
1-Chicken Tenders
Or Baked Tofu (V) w/ BBQ Sauce
Corn & Mashed Potatoes
Whole Grain Biscuit
2 - Deli Turkey & Cheese Sandwich
Veggie Medley w/ Dip
FRUIT & MILK

COHORT 2 **18**
1-Penne Pasta w/ Marinara
Meatballs or Cottage Cheese (V)
Roasted Broccoli & Garlic Bread Stick
2 - Bagel & Cream Cheese
4 oz. Yogurt & Cabot Cheese
Veggie Medley w/ Dip
FRUIT & MILK

COHORT 1 **21**
1 - Yang's Yummy Chicken
Or Tofu (V)
Steamed Edamame Beans w/Butter
Brown Rice
2 - Deli Turkey & Cheese Sandwich
Veggie Medley w/ Dip
FRUIT & MILK

COHORT 1 **22**
1-Cheese (V) or Pepperoni
Mini Pizza
Tossed Garden Salad with Veggies
2 - Bagel & Cream Cheese
4 oz. Yogurt & Cabot Cheese
Veggie Medley w/ Dip
FRUIT & MILK

ALL REMOTE **23**

COHORT 2 **24**
1 - Yang's Yummy Chicken
Or Tofu (V)
Steamed Edamame Beans w/Butter
Brown Rice
2 - Deli Turkey & Cheese Sandwich
Veggie Medley w/ Dip
FRUIT & MILK

COHORT 2 **25**
1-Cheese (V) or Pepperoni
Mini Pizza
Tossed Garden Salad with Veggies
2 - Bagel & Cream Cheese
4 oz. Yogurt & Cabot Cheese
Veggie Medley w/ Dip
FRUIT & MILK

COHORT 1 **28**
1-Mexican Soft Taco w/
Local Beef or Beans (V) & Cheese
Corn - Brown Rice
Sour Cream & Salsa
2- Deli Turkey & Cheese Sandwich
Veggie Medley w/ Dip
FRUIT & MILK

COHORT 1 **29**
1-Sweet Cinnamon
French Toast Sticks
Sausage Patties
Roasted Red Potato Wedges
2 - Bagel & Cream Cheese
4 oz. Yogurt & Cabot Cheese
Veggie Medley w/ Dip
FRUIT & MILK

ALL REMOTE **30**

This institution is an equal opportunity provider.

