



MVSD 7 Day Meal Kit Nov 2020 Menu



	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8	
Breakfast	Maple Pancakes 100% Juice	Bean & Cheese Breakfast Burrito 100% Juice	Mini Cheeseburger 100% Juice	Buttermilk Twins 100% Juice	Breakfast Cereal 100% Juice	Morning Muffin 100% Juice	Morning Muffin 100% Juice	
Lunch	Chicken, Turkey Ham & Cheese Wedge Sandwich Vegetable Fruit Cup	Pasta with Beef Sauce Vegetable Fruit Cup	Chicken Nuggets Vegetable Fruit Cup	Galaxy Pepperoni Pizza Vegetable Fruit Cup	Bean & Cheese Burrito Vegetable Fruit Cup	Chicken, Turkey Ham & Cheese Wedge Sandwich Vegetable Vegetable	Galaxy Pepperoni Pizza Vegetable Vegetable	
	9	10		12	13	14	15	
Breakfast	Ultimate Breakfast Round 100% Juice	Breakfast Turkey Sausage Pizza 100% Juice	French Toast 100% Juice	Breakfast Cereal 100% Juice	Mini Cinnamon Rolls 100% Juice	Morning Muffin 100% Juice	Morning Muffin 100% Juice	
Lunch	Chicken Chili Cheese Dog Vegetable Fruit Cup	Cheeseburger Sliders Vegetable Fruit Cup	Galaxy Pepperoni Pizza Vegetable Fruit Cup	Turkey Ham & Cheese Croissant OR Homemade Turkey or Ham Sandwich Vegetable Fruit Cup	Chicken Tamale Vegetable Fruit Cup	Chicken, Turkey Ham & Cheese Wedge Sandwich Vegetable Vegetable	Galaxy Pepperoni Pizza Vegetable Vegetable	
	16	17	18	19	20	21	22	
Breakfast	Maple Pancakes 100% Juice	Cheese & Green Chile Tamale 100% Juice	Mini Cheeseburger 100% Juice	Buttermilk Twins 100% Juice	Breakfast Cereal 100% Juice	Morning Muffin 100% Juice	Morning Muffin 100% Juice	
Lunch	Chicken, Turkey Ham & Cheese Wedge Sandwich Vegetable Fruit Cup	Pasta with Beef Sauce Vegetable Fruit Cup	Chicken Nuggets Vegetable Fruit Cup	Galaxy Pepperoni Pizza Vegetable Fruit Cup	Bean & Cheese Burrito Vegetable Fruit Cup	Chicken, Turkey Ham & Cheese Wedge Sandwich Vegetable Vegetable	Galaxy Pepperoni Pizza Vegetable Vegetable	
	23	24	25			27	28	29
Breakfast	Ultimate Breakfast Round 100% Juice	Breakfast Turkey Sausage Pizza 100% Juice	French Toast 100% Juice	Breakfast Cereal 100% Juice	Mini Cinnamon Rolls 100% Juice	Morning Muffin 100% Juice	Morning Muffin 100% Juice	
Lunch	Chicken Chili Cheese Dog Vegetable Fruit Cup	Cheeseburger Sliders Vegetable Fruit Cup	Galaxy Pepperoni Pizza Vegetable Fruit Cup	Turkey & Gravy with Mash Potatoes Vegetable Fruit Cup	Chicken Tamale Vegetable Fruit Cup	Chicken, Turkey Ham & Cheese Wedge Sandwich Vegetable Vegetable	Galaxy Pepperoni Pizza Vegetable Vegetable	
	30							
Breakfast	Maple Pancakes 100% Juice							
Lunch	Chicken, Turkey Ham & Cheese Wedge Sandwich Vegetable Fruit Cup							



Menu
Subject
To Change

1/2 gallon 1% lowfat milk provided with each 5 day meal kit.
This institution is an equal opportunity provider.