

School Meals Are All Provided at NO COST to Families for 2021-2022

Monkton Central School



= Local Product (Seasonal veggie options will also be local as much as possible)

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni and Cabot Cheese 1 Tender Peas Carrot Souffle Fruit Selection Milk 	Nachos Beef or Bean Topping 2 Cheese Sauce Sour Cream & Salsa Brown Rice Corn Fruit Selection Milk	PIZZA DAY 3 Cheese, Pepperoni or Veggie Pizza Steamed Broccoli Tossed Salad Fruit Selection Milk	Local Beef Shepherd's Pie 4 with Mashed Potato or Lentil Shepherd's Pie Garlic Bread Stick Buttery Green Beans Fruit Selection Milk 	NO SCHOOL 5
Rotini with Meat Sauce Or Marinara Sauce & Cottage Cheese 8 Garlic Bread Steamed Broccoli Fruit Selection Milk	Beef or Bean Soft Taco w/ Cheddar Cheese 9 Shredded Lettuce Salsa Corn Rice Fruit Selection Milk	EARLY RELEASE DAY 10 Turkey and Cheese Sandwich or Bagel and Cream Cheese w/ Yogurt and Cheese Stick Baby Carrots Fresh Fruit Milk	Crispy Chicken Tenders Or Crispy Tofu Tenders 11 Brown Rice Pilaf Baked Beans Corn Fruit Selection Milk	Burger Day 12 Hamburger/Cheeseburger or Black Bean Burger On WW Bun Corn Salad Baked French Fries Fruit Selection Milk
Crunchy Cold Chicken Tender Wrap or Or Hummus and Veggie Wrap On WW Tortilla 15 Cucumbers and Tomatoes Sweet Potato Fries Fruit Selection Milk	Meatball Subs Or Roasted Veggie Sub On WW Roll W Cheese and Marinara Sauce Roasted Zucchini Chick Pea Salad Fruit Selection Milk	PIZZA DAY 17 Cheese, Pepperoni or Veggie Pizza Steamed Broccoli Caesar Salad Fruit Selection Milk	Roast Turkey with Gravy 18 Stuffing Mashed Potatoes Peas Dinner Roll Cranberry Sauce Applesauce Milk	Grilled Cheese 19 Sandwich Tomato Tortellini Soup Roasted Potato Wedges Fruit Selection Milk
NO SCHOOL 22	No SCHOOL 23	NO SCHOOL 24	NO SCHOOL 25 Happy Thanksgiving	NO SCHOOL 26
Cheesy Breadstick With Marinara Sauce 29 Buttery Green Beans Roasted Chick Peas Fruit Selection Milk	Local Beef Stroganoff Or Mushroom Stroganoff 30 Over WW Rotini Noodles Corn Roasted Carrots Fruit Selection Milk 	<div style="border: 1px solid black; padding: 5px; text-align: center;"> ALTERNATE MEAL Bagel & Cream Cheese 4oz. Yogurt or Cheese Sticks Vegetable of the Day Fruit Selection Milk </div>		

