

| Healthy Meals for Growing Minds  | Mt. Abraham Middle/High School<br>November 2021  |   |   |  |  | Carol Roscoe,<br>Manager<br>Marie Bolduc<br>Tricia Comeau<br>Ashli Earle<br>Jacqueline Malloy<br>Peggy Parks |
|--|--|---|---|--|--|--|
| Meal Prices  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |  |
| <p><b>One Breakfast &amp; One Lunch are free for all students</b></p> <p><b>2<sup>nd</sup> Lunch \$3.25</b></p> <p><b>Adult Meals</b><br/>\$2.50 Breakfast<br/>\$5.00 Lunch</p> <p><b>MAIN EVENT MEAL</b><br/>A homemade hot entrée with vegetables and grain sides as well as fruit selection and milk. (See Menu)</p> <p><b>TOSSED SALAD Available Every Day</b></p> <p><b>BISTRO</b><br/>A weekly alternate menu. Served with a vegetable side.</p> <p><b>MONDAY</b><br/>Build Your Burger</p> <p><b>TUESDAY</b><br/>Hot Sub Sandwich</p> <p><b>WEDNESDAY</b><br/>Pizza<br/>(Serve in both Cafeterias)</p> <p><b>THURSDAY</b><br/>Chicken on a Bun</p> <p><b>FRIDAY</b><br/>Asian Rice or Noodle Bowl<br/>or Hot Grilled Panini</p> <p>Apply for free/reduced meals Easy, confidential, application.<br/>GO to <a href="http://www.mausd-anwsdnutrition.com">www.mausd-anwsdnutrition.com</a></p> <p><b>DAILY GRAB &amp; GO</b><br/>Snack Packs<br/>Smoothies/Parfait<br/>Signature Salads<br/>Sandwiches</p> | <p>1 <b>Chicken Tetraxini</b><br/>WW Dinner Roll<br/>Roasted Cauliflower<br/>Mediterranean Chickpea Salad w/ Cucumbers &amp; Tomato</p>                  | <p>2 <b>Grilled Cheese Selection</b><br/>Hearty Tomato<br/>Tortellini Soup<br/>Roasted Potatoes<br/><br/>(Philly Cheese Steak)</p>                            | <p>3 <b>PASTABILITIES Pizza</b><br/>Cheese, Pepperoni<br/>Managers Special<br/>Veggie<br/>Caesar Salad</p>  | <p>4 <b>Mexican Beef or Cheese Nachos</b><br/>Spanish Rice<br/>Refried Beans<br/>Corn &amp; Black Bean Salad<br/>Sour Cream/Salsa</p>                    | <p>5 <b>No School</b></p>  |  |
|  | <p>8 <b>Creamy Chicken Cordon Bleu Pasta Bake</b><br/>Whole Grain Dinner Roll<br/>Buttery Green Beans</p>  | <p>9 <b>Crispy Chicken Tenders</b><br/>Mashed Potatoes<br/>Roasted Carrots<br/>Marinated Rice Salad<br/><br/>(Meatball Sub)</p>                               | <p>10 <b>Early Release Day</b><br/>Ham &amp; Cheese Sandwich on WW Bread or Bagel &amp; Cream Cheese w/ Cheddar Squares<br/>Veggie Sticks &amp; Dip</p> | <p>11 <b>Mexican Chicken or Bean Enchilada Bake</b><br/>Cornbread<br/>Black Bean &amp; Corn Salad</p>  | <p>12 <b>"Local Beef" Shepherd's Pie</b><br/>with Veggies and Mashed Potatoes<br/>Banana Bread Squares<br/>Sweet Peas<br/>(Turkey Bacon Cheddar Panini)</p>                                  |  |
|  | <p>15 <b>Creamy Macaroni &amp; Cabot Cheese</b><br/>Whole Grain Dinner Roll<br/>Maple Baked Beans<br/>Harvard Beets</p>                                  | <p>16 <b>Teriyaki Chicken or Tofu</b><br/>Fried Rice<br/>Roasted Carrots<br/>Fortune Cookie<br/><br/>(Pulled Pork Sandwich)</p>                               | <p>17 <b>PASTABILITIES Pizza</b><br/>Cheese, Pepperoni<br/>Managers Special<br/>Veggie<br/>W/ Caesar Salad</p>  | <p>18 <b>Beef or Bean Taco</b><br/>w/Cheddar Cheese<br/>Shredded Lettuce<br/>Rice<br/>Refried Beans<br/>Salsa/Sour Cream<br/>Guacamole<br/>Corn</p>      | <p>19 <b>Baked Potato with Toppings</b><br/>(Ham Cheddar &amp; Broccoli)<br/>Vegetarian Chili<br/>Cornbread<br/><br/>(Stir Fry)</p>  |  |
|  |  |   |   |  |  |  |
|  | <p>29 <b>American Goulash (w/ Local Beef)</b><br/>WG Dinner Roll<br/>Steamed Broccoli<br/>Mediterranean Chickpea Salad</p>                               | <p>30 <b>Honey Lemon Chicken or Tofu</b><br/>Brown Rice<br/>Peas<br/>Butternut Squash Puree<br/><br/>(Hot Ham Sub)</p>  | <p>1 <b>PASTABILITIES Pizza</b><br/>Cheese, Pepperoni<br/>Managers Special<br/>Veggie<br/>Caesar Salad</p>  | <p>2 <b>Mexican Lasagna</b><br/>Cornbread<br/>Black Bean &amp; Mango Salad<br/>Mexicali Corn</p>   | <p>3 <b>Local Ground Beef Stroganoff or Mushroom Stroganoff</b><br/>over Pasta<br/>WG Dinner Roll<br/>Steamed Carrots<br/>(Ham &amp; Swiss Panini)</p>                                       |  |
|  | <p><b>MONDAY</b><br/><b>Build Your Burger Day</b><br/>Hamburger or Veggie Burger on WG Bun<br/>Toppings<br/>Special Sauces<br/><br/>Oven Baked Fries</p> | <p><b>Tuesday</b><br/><b>Hot Sub Sandwich (changes weekly)</b><br/>Philly Cheese, Meatball, Pulled Pork, Italian Ham or Roasted Veggie<br/><br/>Cole Slaw</p> | <p><b>Wednesday</b><br/><b>Pizza Day Served on Both Lines</b><br/><br/><b>Less waiting in line, more pizza choices.</b><br/>Caesar Salad</p>            | <p><b>Thursday</b><br/><b>Chicken on a Bun</b><br/>Chickenburger or Veggie Burger WG Bun<br/>Toppings<br/>Special Sauces<br/><br/>Sweet Potato Fries</p> | <p><b>Friday</b><br/><b>Rice or Noodle Bowl w/ choice of</b><br/>(beef, chicken or tofu and Stir Fry Veggies<br/><b>Or</b><br/><b>Hot Grilled Panini Special</b><br/>w/ Green Side Salad</p> |  |
|  | <b>Signature Salads &amp; Sandwiches - Available in Grab &amp; Go Coolers</b>  |   |   |  |  |  |
|  | <p><b>Caesar Salad</b></p>   | <p><b>Chicken Cobb Salad</b></p>  | <p><b>Taco Salad</b></p>  | <p><b>Chef Salad</b></p>   | <p><b>Greek Salad</b></p>  |  |

We source fresh produce, beef, chicken, maple syrup and eggs from Addison County farmer partners.

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