

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



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Macaroni and Cabot Cheese</b> 1 Tender Peas Carrots Fruit Selection Milk 	<b>Nachos Beef or Bean Topping</b> 2 Cheese Sauce Sour Cream & Salsa Brown Rice Corn Fruit Selection Milk	<b>PIZZA DAY</b> 3 <b>Cheese or Pepperoni</b> Steamed Broccoli Tossed Salad Fruit Selection Milk	<b>Local Beef Shepherd's Pie</b> 4 <b>with Mashed Potato</b> or Lentil Shepherd's Pie Garlic Bread Stick Buttery Green Beans Fruit Selection Milk 	<b>NO SCHOOL</b> 5
<b>Rotini with Meat Sauce Or Marinara Sauce &amp; Cottage Cheese</b> 8 Garlic Bread Steamed Broccoli Fruit Selection Milk	<b>Beef or Bean Soft Taco w/ Cheddar Cheese</b> 9 Shredded Lettuce Salsa Corn Rice Fruit Selection Milk	<b>EARLY RELEASE DAY</b> 10 <b>Turkey and Cheese Sandwich or Bagel and Cream Cheese w/ Yogurt and Cheese Stick</b> Baby Carrots Fresh Fruit Milk	<b>Crispy Chicken Tenders Or Crispy Tofu Tenders</b> 11 Pasta Salad Baked Beans Corn Fruit Selection Milk	<b>Burger Day</b> 12 <b>Hamburger/Cheeseburger or Black Bean Burger On WW Bun</b> Corn Salad Baked French Fries Fruit Selection Milk
<b>Crunchy Cold Chicken Tender Wrap or Or Hummus and Veggie Wrap On WW Tortilla</b> 15 Cucumbers and Tomatoes Sweet Potato Fries Fruit Selection Milk	<b>Meatball Subs Or Roasted Veggie Sub On WW Roll</b> W Cheese and Marinara Sauce Roasted Cauliflower Chick Pea Salad Fruit Selection Milk	<b>Cheesy Breadstick with Marinara</b> 17 Steamed Broccoli Coleslaw Roasted Cauliflower BBQ Beans Fruit Selection Milk	<b>Roast Turkey with Gravy</b> 18 Stuffing Mashed Potatoes Peas Dinner Roll Cranberry Sauce Applesauce Milk	<b>Fish &amp; Chips</b> 19 <b>Fish Sticks</b> Potato Wedges Spinach Sweet Corn Muffin Fruit Selection Milk
<b>NO SCHOOL</b> 22	<b>No SCHOOL</b> 23	<b>NO SCHOOL</b> 24	<b>NO SCHOOL</b> 25 Happy Thanksgiving	<b>NO SCHOOL</b> 26
<b>Breaded Chicken Filet Sandwich</b> 29 Or Egg Salad Wrap Cucumbers & Tomatoes Garlic Mashed Potatoes Fruit Selection Milk	<b>Local Beef Sloppy Joes</b> 30 Or Meatless Janes On WG Bun Corn Carrot Salad Fruit Selection Milk 	<b>ALTERNATE MEAL</b> Bagel & Cream Cheese 4oz. Yogurt or Cheese Sticks Vegetable of the Day Fruit Selection Milk		

