

November 2017 Menu MHS, MMS

All meals are served with 1% or fat free flavored milk

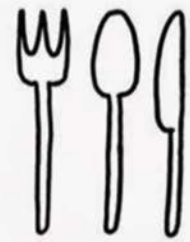
Monday	Tuesday	Wednesday	Thursday	Friday
10/30 Sloppy Joe Beef 3oz WW Roll 2oz Potato Wedges Fruit 1 cup	10/31 Scalloped Potato & Ham Potato 1 Cup Ham 2oz Cheese 1oz Fruit 1 cup Sun Cookie	1 Buffalo Chicken Mac & Cheese Pasta 4oz Cheese 2oz Chicken 2oz Vegetable 1 Cup Fruit 1 Cup	2 Fish Sandwich Fish 3oz Cheese 1oz WW Roll 2oz Vegetable 1 cup Fruit 1 cup	3 Pizza Vegetable 1 cup Fruit 1 Cup
6 Deli Sandwich Bar Assorted Meats Cheese, WW Roll Lettuce, Tomatoes Onions, Pickles, Hots, Mustard, Mayo Fruit 1Cup	7 Chicago Dog Hot dog Bun Onion, relish ,Pickle jalapeño, mustard, tomato Celery seed. Vegetable 1 cup Fruit 1 cup	8 Grilled Cheese w/ Chicken Noodle Soup Carrots stix. Fruit 1 cup	9 Pizza Vegetable 1 Cup Fruit 1cup	10 CLOSED Veterans Day
13 Deli Sandwich Bar Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hots, Mustard, Mayo Fruit 1Cup	14 BBQ Pork Sandwich Pork 3oz WW Roll 2oz BBQ Sauce Cole Slaw 1 Cup Baked Beans ½ Cup Fruit 1 Cup	15 Turkey w/Gravy Turkey Mashed Potato ½ C Carrots ½ C Cranberry sauce Stuffing 3oz Fruit 1 cup Cookie	16 Chicken & Cheese Quesadilla Chicken 3oz Cheese 1oz Tortilla 2oz Vegetable 1 Cup Fruit 1 Cup	17 Pizza Vegetable 1 Cup Fruit 1 Cup
20 Lazy Man Nachos Meat 3oz Cheese 2oz Tortilla Chips Carrots/Celery Stix Salsa, Sour Cream Jalapeños Fruit 1 cup	21 Pizza Vegetable 1 cup Fruit 1 cup	22 CLOSED Thanksgiving  Break	23 CLOSED Thanksgiving Break  Thanksgiving Break	24 CLOSED  Happy Thanksgiving
27 Deli Sandwich Bar Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hots, Mustard, Mayo, Fruit 1Cup	28 Colonials Famous Chicken Bowl Crispy Chicken Corn Potato Gravy Cheese Fruit 1 cup	29 Breakfast for Lunch Eggs & Ham Cheese 2oz Muffin Fruit	30 Philly Chicken & Cheese Sub Chicken Peppers, Onion ½ C Cheese Sauce Fruit 1 cup	12/1 Pizza Vegetable 1cup Fruit 1 Cup

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

Eat Green, Eat Healthy



THE

GREEN

BAR

DREAM-ORACLE

Breakfast Menu **Served Daily**

Breakfast Sandwich

2oz. Whole Wheat Croissant
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,
Honey Nut Cheerios Golden Graham 1 cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
1oz Cream Cheese
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain, Fat Free Yogurt 6oz.
Strawberries ½ cup
Granola 3oz
1% or Fat Free Flavored Milk

Served Tuesday/ Thursday

Whole Wheat Raised Donut

3oz Donut
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Served Wednesdays & Fridays

Fruit Smoothie

6oz. Plain Fat Free Yogurt
4oz Strawberries
4oz Banana
2oz 100% Orange Juice

Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free

SERVED DAILY

Turkey or Ham Wrap

Served with
Wrap
Cheese
Lettuce
Mustard/Mayo
Fruit or Vegetable or Both

Fresh Fruit Salad

Cut up Fresh Fruit
String Cheese
Wheat Thins
Vegetable

Strawberry Parfait

Granola
Strawberries/ Blueberries
Yogurt
String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

FULL SALAD BAR OPEN DAILY

All meals are served with 1% or Fat Free Flavored milk

Daily meals are subject to change due to product availability. Lunch meal \$3.05

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