

Monday	Tuesday	Wednesday	Thursday	Friday
 				
<p>Breaded Chicken Burger on a WW Bun or Cheese Sandwich (V) Tossed Green Salad Cucumbers Smiles <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Pizza Tuesday Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Tossed Green Salad <u>Milk</u> *Fruit & Veggie Bar *</p>	<p>Chef Salad (P) w/ WW Roll or Bean & Cheese Burrito (V) Confetti Potatoes Carrots & Hummus <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Asian Nation Chicken Yakisoba (H) or Cheese Quesadilla (V) Steamed Veggies Farm Fresh Apple Slices <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Fall Warmer Three Bean Chili (H) w/ Corn Bread or Yogurt & Mini Bagel (V) Cucumbers Smiles Cookie <u>Milk Choices</u> *Fruit & Veggie Bar *</p>
<p><i>Natl. School Lunch Week</i> Chicken Nuggets or Cheese Quesadilla (V) Triple Bean Salad (H) Fruit Smiles <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Pizza Tuesday Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad <u>Cucumber Smiles, Milk</u> *Fruit & Veggie Bar *</p>	<p>Taco Salad w/Tortilla Chips or Yogurt & Mini Bagel (V) Spanish Rice Farm Fresh Apple Slices <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Little Italy! Chicken & Veggie Penne (H) or Bean & Cheese Burrito (V) Steamed Broccoli Breadstick <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Brunch For Lunch Pancakes (V) or French Toast (V) Strawberries Sizzling Sausage (P) <u>Milk Choices</u> *Fruit & Veggie Bar *</p>
<p>Caesar Chicken Salad w/Breadstick or Bean & Cheese Burrito (V) Crispy Potatoes Carrots & Hummus <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Pizza Tuesday Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Tossed Green Salad <u>Milk</u> *Fruit & Veggie Bar *</p>	<p>Hamburger or Garden Burger on a WW Bun Baked Beans Banana Half <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Asian Nation Chicken Stir Fry (H) or Cheese Quesadilla (V) Steamed Fluffy Brown Rice Oranges Smiles <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Mama Mia Day Baked Chicken Parmesan or Cheese Sandwich (V) Caesar Salad Bread Stick <u>Milk Choices</u> *Fruit & Veggie Bar *</p>
<p>Chicken Caesar Pita Pocket Sandwich or Bean & Cheese Burrito (V) Crispy Potatoes Fruit Smiles <u>Milk Choices</u> *5 Star Salad Bar *</p>	<p>Pizza Tuesday Pepperoni (P) or Cheese Pizza (V) or Turkey & Cheese Sandwich Caesar Salad <u>Cucumber Smiles, Milk</u> *Fruit & Veggie Bar *</p>	<p>BBQ Rib Sandwich or Yogurt & Mini Bagel (V) Crispy Potatoes Banana Half <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Trish's Famous Mac & Cheese Creamy Mac & Cheese (H) or Turkey & Cheese Sand Steamed Broccoli Farm Fresh Apple Slices <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>Chicken Nuggets or Yogurt & Mini Bagel (V) Oven Potatoes Whole Grain Fruit Crisp (H) <u>Milk Choices</u> *Fruit & Veggie Bar *</p>
<p>Happy Halloween! Teriyaki Dippers or Yogurt & Mini Bagel (V) Steamed Fluffy Brown Rice Melon Smiles <u>Milk Choices</u> *Fruit & Veggie Bar *</p>	<p>SIMPLY GOOD</p>  <p>Our Fruit & Veggie Bars are loaded with fresh fruit(including farm fresh apple slices), canned fruit, fresh vegetables(including organic carrots), mixed salad greens, and a variety of condiments. Many ingredients will vary from day-to-day. We will continue to strive to buy organic and local. Students are encouraged to load-up on the good stuff. Fresh whole apples are always offered off of the serving line.</p>			



LUNCH PRICES:

Elementary-Lunch \$3.25, Middle School-Lunch \$3.50 Adult-Lunch \$4.00(including all vistors).
Reduced Price: K-3rd are Free & 4-8 Lunch- \$0.40. Milk \$0.50 All meals include milk.

All Elementary School Office will still accept checks.
Checks should be made out to MISD-Food Service or your School Name-Food Service.

Entree Key
(H) Homemade
(P) Pork Products
(V) Vegetarian

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (206) 236-3306

▲ = Balanced Choices Meal

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Call (206) 236-3306.