


MATTACHEESE MIDDLE SCHOOL NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR STUFFED SHELLS CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	2 CHEESEBURGERS OR CHICKEN PATTY SPICY FRIES CARROTS TOSSED SALAD FRESH FRUIT	3 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT KALE CHIPS
	6 WG CHICKEN NUGGETS OR BUFFALO CHICKEN TENDERS MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT	7 TACO TRIANGLES OR TURKEY BACON CROISSANT ON A WW ROLL RICE BROCCOLI TOSSED SALAD FRESH FRUIT	8 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MEATBALLS CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	9 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
13 CHICKEN TENDERS OR MOZZARELLA STICKS MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT	14 SHEPHERDS PIE OR CHICKEN PATTIES TATER TOTS WW ROLL BROCCOLI FRESH FRUIT	15 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MAC & CHEESE CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	16 ROASTED TURKEY DINNER OR POPCORN CHICKEN MASHED POTATOES BUTTERED CORN BUTTERNUT SQUASH STUFFING, WW ROLLS CRANBERRY SAUCE APPLE DESSERT	17 SAL'S PIZZA CHEESE PIZZA KALE & SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
20 WG CHICKEN NUGGETS OR BBQ RIB SANDWICH MASHED POTATOES CORN TOSSED SALAD	21 SAL'S PIZZA OR HOT DOG OVEN FRIES BROCCOLI TOSSED SALAD	22 THANKSGIVING BREAK	23 HAPPY THANKSGIVING	24 THANKSGIVING BREAK
27 WG POPCORN CHICKEN OR BUFFALO CHICKEN PATTIES MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT	28 TACO TRIANGLES OR HAM & CHEESE CROISSANTS TATER TOTS BROCCOLI TOSSED SALAD FRESH FRUIT	29 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR LASAGNA CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	30 CHEESEBURGERS OR CHICKEN PARM SUB CAPE COD POTATO CHIPS CARROTS TOSSED SALAD FRESH FRUIT	HARVEST OF THE MONTH KALE

AVAILABLE DAILY

ASSORTED SANDWICHES TURKEY & CHEESE HAM & CHEESE CHICKEN CAESAR WRAP SUNBUTTER & JELLY SUNBUTTER & FLUFF OTHERS OFFERED DAILY	ASSORTED SALADS CHEF SALAD WITH HAM, CHEESE AND HARD BOILED EGG OR TOSSED SALAD WITH CHEESE STICK BOTH SERVED WITH WW PITA	LOW FAT YORURT, FRUIT AND GRANOLA PARFAITS FRUIT SMOOTHIES ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILKS
KETCHUP, SALSA, FAT FREE SALAD DRESSINGS	FRESH FRUIT OFFERED WITH ALL MEALS DAILY	8oz WATER BOTTLES SOLD FOR \$.50 EACH

FULL PRICED LUNCH \$3.00 FULL PRICED BREAKFAST \$1.75	REDUCED PRICED LUNCH \$.40 REDUCED PRICED BREAKFAST \$.30
BREAKFAST SERVED EVERY MORNING	

