



MAPLE AVENUE MIDDLE SCHOOL – NOVEMBER MENU 2009



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK</p> <hr/> <p>HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE AND TOMATO</p> <p>SHELDON FARM ROASTED POTATOES, FRUIT, MILK</p>	<p>3) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK</p> <hr/> <p>MACARONI AND CHEESE</p> <p>BROCCOLI</p> <p>VARIETY OF FRUIT, MILK</p>	<p>4) CORN MUFFIN, STRING CHEESE FRUIT OR JUICE, MILK</p> <hr/> <p>CHICKEN CAESAR WRAP</p> <p>WHOLE GRAIN SALAD (MADE W/ QUINOA)</p> <p>VARIETY OF FRUIT, MILK</p>	<p>5) EGG AND CHEESE ON AN ENGLISH MUFFIN, FRUIT OR JUICE, MILK</p> <hr/> <p>SPAGHETTI W/ MEAT SAUCE OR MARINARA SAUCE</p> <p>ITALIAN BREAD</p> <p>GREEN BEANS</p> <p>VARIETY OF FRUIT, MILK</p>	<p>6) WAFFLES W/ PEACHES OR JUICE MILK</p> <hr/> <p>FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE</p> <p>TOSSED SALAD W/ LOW FAT DRESSING, FRUIT, MILK</p>
<p>9) PANCAKES W/ BLUEBERRIES OR JUICE, MILK</p> <hr/> <p>CHICKEN STIR FRY</p> <p>FLUFFY RICE</p> <p>VARIETY OF FRUIT, MILK</p>	<p>10) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK</p> <hr/> <p>GRILLED CHEESE SANDWICH</p> <p>TOMATO SOUP W/ CRACKERS</p> <p>VARIETY OF FRUIT, MILK</p>	<p>11)</p> <p style="font-weight: bold; text-decoration: underline;">NO SCHOOL</p> <p style="font-weight: bold; text-decoration: underline;">VETERANS DAY</p>	<p>12) YOGURT, FRESH MUFFIN, FRUIT OR JUICE, MILK</p> <hr/> <p>TACOS W/ LETTUCE, TOMATO CHEESE AND SALSA</p> <p>FLUFFY RICE</p> <p>VARIETY OF FRUIT, MILK</p>	<p>13) TOASTED BAGEL W/ PB&J FRUIT OR JUICE, MILK</p> <hr/> <p>FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE</p> <p>TOSSED SALAD W/ LOW FAT DRESSING, FRUIT, MILK</p>
<p>16) FRENCH TOAST W/ APPLESAUCE OR JUICE, MILK</p> <hr/> <p>HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE AND TOMATO</p> <p>SHELDON FARM ROASTED POTATOES, FRUIT, MILK</p>	<p>17) BREAKFAST PIZZA, FRUIT OR JUICE MILK</p> <hr/> <p>ROASTED HERB CHICKEN</p> <p>RICE</p> <p>SQUASH</p> <p>VARIETY OF FRUIT, MILK</p>	<p>18) EGG AND CHEESE ON AN ENGLISH MUFFIN, FRUIT OR JUICE MILK</p> <hr/> <p>VEGETARIAN CHILI W/ CORNBREAD OR FISH ON A BUN</p> <p>CARROTS</p> <p>VARIETY OF FRUIT, MILK</p>	<p>19) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK</p> <hr/> <p>ROAST TURKEY W/ GRAVY</p> <p>MASHED OR SWEET POTATOES</p> <p>STUFFING</p> <p>PUMPKIN CRUNCH</p> <p>VARIETY OF FRUIT, MILK</p>	<p>20) PANCAKES W/ BLUEBERRIES OR JUICE, MILK</p> <hr/> <p>FRESH CHEESE OR VEGGIE PIZZA MADE W/ PART SKIM MOZZ. CHEESE</p> <p>TOSSED SALAD W/ LOW FAT DRESSING, FRUIT, MILK</p>
<p>23) WAFFLES W/ PEACHES OR JUICE MILK</p> <hr/> <p>GRILLED CHICKEN ON A WHOLE GRAIN BUN</p> <p>CORN, VARIETY OF FRUIT, MILK</p>	<p>24) YOGURT, FRESH MUFFIN, FRUIT OR JUICE, MILK</p> <hr/> <p>HAM AND CHEESE MELT</p> <p>CARROTS</p> <p>VARIETY OF FRUIT, MILK</p>	<p>25) TOASTED BAGEL W/ PB&J, FRUIT OR JUICE, MILK</p> <hr/> <p>BUILD YOUR OWN BURRITO W/ BEEF, BEANS, ONIONS, PEPPERS SALSA AND MORE...</p> <p>VARIETY OF FRUIT, MILK</p>	<p>26)</p> <p style="font-weight: bold; text-decoration: underline;">NO SCHOOL</p> <p style="font-weight: bold; text-decoration: underline;">THANKSGIVING RECESS</p>	<p>27)</p> <p style="font-weight: bold; text-decoration: underline;">NO SCHOOL</p> <p style="font-weight: bold; text-decoration: underline;">THANKSGIVING RECESS</p>
<p>30) TOASTED BAGEL W/ PB&J FRUIT OR JUICE, MILK</p> <hr/> <p>HAMBURGER, CHEESEBURGER OR VEGGIEBURGER ON A WHOLE GRAIN ROLL W/ LETTUCE AND TOMATO</p> <p>ROASTED CAULIFLOWER, FRUIT, MILK</p>				

MENU SUBJECT TO CHANGE WITHOUT NOTICE BREAD & MILK OFFERED DAILY

A COMPLETE BREAKFAST IS \$1.25*A COMPLETE Lunch IS \$2.25. Reduced Lunch \$.25. May pre-pay meals on account. PLEASE MAKE CHECKS PAYABLE TO THE SCHOOL LUNCH PROGRAM. PLEASE PUT STUDENTS NAME, PIN # AND SCHOOL ON CHECKS. VIEW MENU ON LINE. www.saratogaschools.org Students Milk ala carte \$.40 For more information call 583-4704. LUNCH ENTRÉE-CHOOSE ONE-SUB OR PB&J SANDWICH FRUIT/VEGETABLE-CHOOSE TWO- VEGGIE OF THE DAY ON MENU MILK-CHOOSE ONE- SKIM, 1% OR LOW FAT CHOC. MILK SPEC. OF THE DAY ON MENU, SALAD W/ LOW FAT DRESSING FRESH VEGGIE CHOICE W/ LOW FAT DIP, ASSORT.. FRESH FRUIT, CANNED FRUIT OR 100% FRUIT JUICE