















# November Middle School Lunch Menu

MONDAY November 1	TUESDAY November 2	WEDNESDAY November 3	THURSDAY November 4	FRIDAY November 5
Pasta with Marinara, Meatballs & Breadstick  Assorted Fruits & Veggies	<b>NO SCHOOL</b> <b>Parent Conference</b>	Mini Waffles & Sausage with Syrup Cup  Assorted Fruits & Veggies	Macaroni & Cheese  Made with Land O Lakes Cheese Assorted Fruits & Veggies	Cheesy Breadsticks & Baked Beans  Assorted Fruits & Veggies
<b>November 8</b> Walking Taco with Seasoned Beef & Cheddar Cheese  Shredded Lettuce or Diced Tomato Assorted Fruits & Veggies	<b>November 9</b> Cheeseburger Assorted Toppings Bush's Baked Beans Assorted Fruits & Veggies	<b>November 10</b> Cheese Steak Hoagie Cole Slaw  Assorted Fruits & Veggies	<b>November 11</b> Tangerine Sweet Chili Chicken with Brown Rice Steamed Broccoli  Assorted Fruits & Veggies	<b>November 12</b> Grilled Cheese on Texas Toast Assorted Fruits & Veggies
<b>November 15</b> Mini Cinnamon Rolls & Sausage Hash Browns  Assorted Fruits & Veggies	<b>November 16</b> Chicken Parmesan with Pasta  Assorted Fruits & Veggies	<b>November 17</b> Double Hot Dogs Assorted Toppings Bush's Baked Beans Assorted Fruits & Veggies	<b>November 18</b> Chicken Drumstick with Cornbread Mashed Potatoes & Gravy Assorted Fruits & Veggies	<b>November 19</b> Pepperoni Roll with Marinara Sauce Steamed Corn  Assorted Fruits & Veggies
<b>November 22</b> French Toast Sticks & Sausage with Syrup Cup  Assorted Fruits & Veggies	<b>November 23</b> General Tso's Chicken with Brown Rice Steamed Broccoli  Assorted Fruits & Veggies	<b>November 24</b> Italian Dunker with Marinara Sauce Steamed Corn  Assorted Fruits & Veggies	<b>NO SCHOOL THANKSGIVING BREAK NO SCHOOL</b> 	

**FREE BREAKFAST & LUNCH for ALL STUDENTS!**

MASD cafeteria has openings for Workers at Bon Meade Elementary and secondary schools. Visit [www.moonarea.net](http://www.moonarea.net), Applitrack to apply.

Access your child's balance, setup low balance alerts & make online payments at [www.schoolcafe.com](http://www.schoolcafe.com). Students only need funds on their accounts if purchasing ala carte items such as bagged snacks, bottled water or milk. Make checks payable to: **MASD Food Service**

 <b>Daily Options</b>  Served with choice of Milk & assorted Fruits and Vegetables	<b>Crispy Chicken Sandwich</b> Whole grain crispy chicken breast filet on a warm bun 	<b>Smucker's Uncrustable</b> Peanut butter & jelly sandwich, low fat cheese stick & Fritos 	<b>Pizza</b> Fresh Made Pizza 	<b>Garden Salad with Chicken</b> Cucumbers, tomatoes, carrots, low fat cheese stick, whole grain rich Tostitos & whole grain croutons 	<b>Baked Potato</b> <b>GLUTEN FREE</b> Baked potato, low fat cheddar cheese, all natural Daisy sour cream, Country Crock spread & whole grain rich Tostitos  
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**A Lunch Consists of: Whole Grains, Meat / Meat Alternate, Assorted Fruits, Assorted Vegetables & rBST Hormone Free Milk**

**QUESTIONS?** Special dietary needs, account restrictions, benefit and account questions please contact:

Christie Leininger, Director of Food Services at 412-264-9440 ext. 1129 or email [cleininger@moonarea.net](mailto:cleininger@moonarea.net)

 **USDA is an equal opportunity provider and employer** 

**Menu subject to change based upon product availability**