



October 2011 Menu MAHS



Offered daily for breakfast: Milk(1%, skim, chocolate skim), juice, cereal, cereal bars, yogurt, cheese sticks, and toast.
Offered Daily for Lunch: Milk, whole grain white bread, lettuce, butter, and peanut butter.
Soup, Sandwich, and/or Salad Bar Offered Daily!

Breakfast Prices: \$1.25 Grades K-12 FREE Reduced Rate
Lunch Prices: \$1.70 Grades K-6 \$1.75 Grades 7-12 \$0.40 Reduced Rate

October 3, 2011 Monday Breakfast: Ranchero
Lunch: Pizza, Macaroni & Cheese, or Sweet Chili Chicken Wrap
 With green beans, fresh cauliflower, and pineapple chunks.



October 4, 2011 Tuesday Breakfast: Breakfast Pizza
Lunch: Choice of Chicken Poppers, Philly steak / bun or Cabbage Hotdish
 With wild rice blend **F2S**, steamed broccoli, fresh carrots, and mandarin oranges.

October 5, 2011 Wednesday Breakfast: Homemade Pancakes
Lunch: Beefy Nachos/cheese sauce, Lasagna, or Turkey Club Wrap
 With corn, refried beans, fresh cucumbers, and apples **F2S**.

MAS Food Service staff spend over 240 hours each week to prepare your breakfast and lunch meals!

October 6, 2011 Thursday Breakfast: Breakfast Bites
Lunch: Choice of Chicken Dippers, Meatloaf Sandwich or General Tso Chicken
 With mashed potatoes, cherry tomatoes, coleslaw **F2S**, and grapes.

October 7, 2011 Friday Breakfast: Yogurt Parfaits
Lunch: Choice of Spaghetti/ meat sauce, Patty Melt or Tilapia Fillet
 With garlic breadstick, Caesar salad, fresh broccoli, and sliced peaches.



National School Lunch Week!

National School Lunch Week was established on October 9, 1962 by a Joint Resolution of Congress.

October 10, 2011 Monday Breakfast: Eggs & Toast Your Way!
Lunch: Choice of Chicken Nuggets, Kung Poa Chicken, or BBQ Meatballs
 With squash **F2S**, fresh carrots & ranch dip, and sliced pears.

October 11, 2011 Tuesday Breakfast: French Toast Sticks **Free Breakfast for all students!**
Lunch: Choice of Hot Dogs/bun **F2S**, Taco Salad, or Cheeseburgers
 With baked beans, fresh celery, fresh cherry tomatoes, and cut oranges.



October 12, 2011 Wednesday Breakfast: Cinnamon Tasties **Two Hour Late Day!**
Lunch: Choice of Turkey Sub, Brat / bun, or Cuban Turkey / bun
 With spinach, fresh carrots, banana, and a go-gurt.

October 13, 2011 Thursday Breakfast: Pancake on a stick **100 Mile Lunch – All F2S!**
Lunch: Choice of Pork Chop **F2S**, Volcano Burger (MN), or Grilled Ham & Cheese **F2S**
 With Rosemary roasted potatoes, fresh garden vegetables, dinner roll, honey butter and a fresh apple.

October 14, 2011 Friday Breakfast: Oatmeal Sundae
Lunch: Choice of Cheese burger /bun, Sweet & Sour Pork, or Buffalo Chicken Croissant
 With sweet fries, fresh jicama, pickles **F2S**, and a fresh pear.



Our Farm to School items this month include: Apples, Beef Hotdogs, Wild Rice, Honey, Pork, Green Peppers, Potatoes, Squash, Pork, Organic Grain and more!

MENU SUBJECT TO CHANGE



October 2011 Menu MAHS



Offered daily for breakfast: Milk(1%, skim, chocolate skim), juice, cereal, cereal bars, yogurt, cheese sticks, and toast.

Offered Daily for Lunch: Milk, whole grain white bread, lettuce, butter, and peanut butter.

Soup, Sandwich, and/or Salad Bar Offered Daily!

Breakfast Prices: \$1.25 Grades K-12 FREE Reduced Rate

Lunch Prices: \$1.70 Grades K-6 \$1.75 Grades 7-12 \$0.40 Reduced Rate

October 17, 2011 Monday Breakfast: Rancheros

Lunch: Choice of Buffalo Wings, Spicy Plum Chicken & Rice, or Stroganoff Hotdish
With green beans, fresh carrots & broccoli, and fresh oranges.

October 18, 2011 Tuesday Breakfast: Breakfast Pizza

Lunch: Choice of Softshell Taco(beef/chicken), Chicken Cordon Bleu Sand., or Pork Chop/Country Gravy
With taco toppings, black bean salsa, corn, and kiwi.

October 19, 2011 Wednesday Breakfast: Biscuits & Gravy

Lunch: Choice of Meatball Subs, Roast Beef, or Chicken & Cheese Enchilada
With calico beans, fresh celery & peanut butter dip, and applesauce.

October 20 & 21, 2011 Thursday & Friday MEA No School

Did you know that squash is really a fruit! You can also eat the seeds, shoots, leaves, tendrils, and blossoms. They are high in beta carotene, antioxidants, fiber, and potassium!



October 24, 2011 Monday Breakfast: French Toast Sticks

 **Lunch:** Choice of Tiger Wraps, Country Fried Steak, or Pork Egg Roll
With wild rice blend **F2S**, honey carrots **F2S**, shredded romaine, and sliced pears.

October 25, 2011 Tuesday Breakfast: Biscuits and Gravy

Lunch: Choice of Max Sticks/ pizza sauce, Chicken Fajita, or BBQ Beef Sub
With green beans, fresh vegetables, and banana.



October 26, 2011 Wednesday Breakfast: UBR Breakfast Round

Lunch: Choice of Taco in a bag/toppings, Rachel Sandwich, or Beef Chimichanga
With corn, fresh broccoli, lettuce, and sliced peaches.

October 27, 2011 Thursday Breakfast: Pancake on a stick 

Lunch: Choice of BBQ/ bun, Steak Quiche, or Grilled Chicken
With baked beans, fresh cucumbers & jicama, and fresh apple **F2S**.

October 28, 2011 Friday Breakfast: Breakfast Sandwich

Lunch: Choice of Baja Fish Sticks, Hot Turkey Sandwich, or Spaghetti Hotdish
With mashed potatoes, biscuit/honey, fresh carrots, and grapes.

October 31, 2011 Friday Breakfast: Mummy Squealers

Happy Halloween!

Lunch: Mini Mummy Dogs, Squealing Ghoul's Coffin, or French Smoky Ghost
With green eyeballs, Dracula drops, orange moon dew, and Trick or Trick?

Halloween Trivia
The common brown bat of North America has the longest life span (32 years) for that size mammal.



MENU SUBJECT TO CHANGE