

LSD LUNCH MENU – NOVEMBER
MEALS PROVIDED BY THE MAUSD SCHOOL NUTRITION SERVICE

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Cheese Squares Fruit Milk	Croissant w/ Jam Fruit Milk	Homemade Muffin Fruit Milk	Cereal (2 oz) Fruit Milk	Homemade Granola Bar Fruit Milk

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Meaty Goulash With Local Beef Or Veggie Quiche Buttered Brussel Sprouts Honey Roasted Baby Carrots Fruit Milk	30 Baked Teriyaki Chicken Breasts Yangs Noodles with Soy Sauce Edamame Bean & Carrots Fruit Milk	1 Bag Lunch WG Pretzel Hummus Cup Baby Carrots and Cucumbers Sun Chips Apple Milk	2 Mexican Lasagna Meat or Bean Corn Seasoned Black Beans Fruit Milk	3 Cheesy Breadstick Dippers With Marinara Sauce Roasted Zucchini w/ Parmesan Tender Sweet Peas Fruit Milk
6 WG Pasta Carbonara (with Ham & Peas) OR w/ Cheese Sauce (veg) WG Honey Roll Butternut Squash Steamed Broccoli Fruit Milk	7 BRUNCH FOR LUNCH Scrambled Eggs Sausage Patties WG French Toast Sticks Roasted Potatoes Fruit Milk	8 WG Pizza Vt Pie & Pizza Cheese or Pepperoni Caesar Salad Green Beans Fruit Milk	9 Chicken or Bean Fajita On WG Tortilla Peppers and Onions Refried Beans Street Corn Fruit Milk	10 WG Lasagna Roll Up With Mozzarella & Marinara Garlic Knots Roasted Cauliflower Sweet Peas Fruit Milk
13 Spaghetti w/ Meat Sauce or Cheese Sauce WG Dinner Roll Sweet Green Peas Mediterranean ChickPea Salad Fruit Milk	14 General Tso's Chicken or Tofu Brown Rice Garlicky Edamame Beans Roasted Broccoli Fruit Milk	15 BBQ Pulled Pork Sandwich Or Black Bean Burger On WG Roll Coleslaw Fruit Milk	16 Meat or Bean Burrito with Cheese Mexican Rice Black Bean Salad Buttered Corn Fruit Milk	17 Local Beef Stroganoff Or Veggie Stroganoff Penne Pasta WG Biscuit Honey Glazed Carrot Spring Asparagus Fruit Milk
20 Chicken Alfredo Pasta Or Pasta Primavera (Broccoli & Carrots) WG Dinner Roll Butternut Squash Buttery Green Beans Fruit Milk	21 Grilled Cheese On WG Bread Hearty Tomato Tortellini Soup Roasted Root Veggies Fruit Milk	22 WG Pizza Vt Pie & Pizza Cheese or Pepperoni Caesar Salad Green Beans Fruit Milk	23 Beef or Bean Nachos Homemade Nacho Cheese Sauce Brown Rice Corn Fruit Milk	24 Fish & Chips WG Breaded Fish Filet w/ Tartar Sauce Roasted Potatoes Coleslaw Banana Bread Squares Fruit Milk
27 MEMORIAL DAY No School	28 Creamy Cabot Macaroni and Cheese WG Dinner Roll Baked Beans Steamed Broccoli Milk	29 Hamburger, Cheeseburger or Veggie Burger Sweet Potato Fries Tossed Salad Fruit Milk	30 Beef or Bean WG Tacos w/ Cheese Shredded Lettuce Corn Bread Salsa Refried Beans Fruit Milk	1 Chicken Cordon Blue Bake or Veggie Quiche Galic Knot Glazed Carrots Buttery Sweet Peas Fruit Milk