



# Ashland Middle/John Muir School Menu **November 2017**



Monday <i>Chocolate Milk</i>	Tuesday	Wednesday <i>Chocolate Milk</i>	Thursday	Friday <i>Chocolate Milk</i>
<b>30</b>  <b>Conferences</b>	<b>31</b>  <b>Conferences</b>	<b>1</b>  <b>Conferences</b>	<b>2</b> <b>Breakfast</b> * Fresh Made Muffin ◊® * French Toast ◊ <b>Lunch</b> * Pretzel & Cheese ◊ * Cheese Stuffed Sticks w/ Marinara ◊	<b>3</b> <b>Breakfast</b> * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ <b>Lunch</b> * Kung Pao Chicken * Nachos ◊
<b>6</b> <b>Breakfast</b> * Waffle Sticks & Sausage * Egg & Cheese Scramble w/ Tots ◊ <b>Lunch</b> * Cheese OR Garden burger w/Fries * Pizza ◊	<b>7</b> <b>Breakfast</b> * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ <b>Lunch</b> * Cheese Stuffed Sticks w/ Marinara ◊ * Orange Chicken w/rice	<b>8</b> <b>Breakfast</b> * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ <b>Lunch</b> * Calzone w/ Veggies◊ * Mac & Cheese w/ Breadstick ◊®	<b>9</b> <b>Breakfast</b> * Fresh Made Muffin ◊® * Apple Breadstick ◊ <b>Lunch</b> * Hot Dogs w/ Fries * Pizza ◊	<b>10</b>   <b>NO SCHOOL</b>
<b>13</b> <b>Breakfast</b> * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ <b>Lunch</b> * Soft Tacos w/Beans * Egg Rolls w/ Rice ◊	<b>14</b> <b>Breakfast</b> * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick ◊ <b>Lunch</b> * Cheese OR Garden burger w/Fries ◊ * Orange Chicken w/ Rice	<b>15</b> <b>Breakfast</b> * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ <b>Lunch</b> * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	<b>16</b> <b>Breakfast</b> * Fresh Made Muffin◊® * Apple Breadstick ◊ <b>Lunch</b> * Chicken Burger w/ Fries * Pizza ◊	<b>17</b> <b>Breakfast</b> * Cinnamon Roll ◊® * Egg Cheese Scramble & Tots ◊ <b>Lunch</b> * Corn Dog w/ Fries * Nachos ◊
<b>20</b> <b>Breakfast</b> * Waffle Stick & Sausage * WG Poptart w/ Cheese stick ◊ <b>Lunch</b> * Cheese OR Garden burger w/Fries * Pizza ◊	<b>21</b> <b>Breakfast</b> * Egg & Cheese Burrito * Apple Breadstick ◊ <b>Lunch</b> <b>HARVEST MEAL</b> *Three Sister Stew w/Roll OR *Turkey Cranberry Sandwich Salad & Autumn Cookie for all	<b>22</b>  <b>NO SCHOOL</b>	<b>23</b> <b>Thanksgiving</b>   <b>NO SCHOOL</b>	<b>24</b>  <b>NO SCHOOL</b>
<b>27</b> <b>Breakfast</b> * Waffle Sticks & Sausage * Egg & Cheese Scramble w/ Tots ◊ <b>Lunch</b> * Cheese OR Garden burger w/Fries * Pizza ◊	<b>28</b> <b>Breakfast</b> * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ <b>Lunch</b> * Cheese Stuffed Sticks w/ Marinara ◊ * Orange Chicken w/rice	<b>29</b> <b>Breakfast</b> * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ <b>Lunch</b> * Calzone w/ Veggies◊ * Mac & Cheese w/ Breadstick ◊®	<b>30</b> <b>Breakfast</b> * Fresh Made Muffin ◊® * Apple Breadstick ◊ <b>Lunch</b> * Hot Dogs w/ Fries * Pizza ◊	<b>1</b> <b>Breakfast</b> * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ <b>Lunch</b> * Beef & Bean Burrito w/ Corn * Veggie OR Beef Lasagna ◊®

Tasting Tables are happening every month. Check our website for more details.

**Breakfast** includes Milk and fruit. Cold cereal is offered daily as a second option. \$1.50

**Lunch** Includes Bottomless Offering Bar and Milk. \$2.75

Extra white milk may be purchased. \$.50



Make half your tray Fruits and Veggies!!