

Breakfast: \$1.50 Reduced: \$.30 Adults \$ 2.75
 Lunch: \$2.90 Reduced: \$.40 Adults \$4.60

November

BREAKFAST

MUHS Café 2022-23



"MENU SUBJECT TO CHANGE"
ALL BREAD AND TORTILLAS ARE 50% WHOLE GRAIN
ENTRÉE SERVED ON AVAILABILITY FIRST COME

LUNCH

Monday	Tuesday:	Wednesday	Thursday:	Friday:
31.	1.	2.	3.	4.
	Nachos Grande Beef & Beans & Cheese Or Chicken Cheeseburger Sweet potato fries	Little Caesars pizza Carrots ranch Cheeseburger bk sun chips sidekicks	Salisbury beef corn, mashed potatoes WG Roll Sidekicks, Bean & cheese burrito	Hot Dogs Fries Celery & carrots Pizza Sidekicks
7.	8	9.	10.	11. No school
Oven baked chicken, Wg Roll Fries Mix vegetables Spicy chicken cheeseburger Fries Mix veggie	Soft beef tacos Pinto Beans Chicken cheese Burger sweet potato fries	Little Caesars Pizza Carrots & Ranch Cheeseburger Bk Chips	Orange chicken WG Fried Rice Or Bean & Cheese Burrito	
14.	15.	16.	17.	18.
Pizza sticks marinara sauce Peach cups Cheeseburger Sweet potato Fries peach cup	Turkey Mashed potatoes gravy Yams Green beans WG Roll Pumpkin pie Or Smucker's PB&J	Little Caesars pizza carrots & celery Ranch Or Cheeseburger Bk Chips side kicks	Macaroni cheese popcorn chicken bowl, with Steamed carrots or Bean Chili & cheese Burrito	BBQ Pulled Pork Cole slaw Sidekicks or fruit Or Tonys pizza Carrots & Ranch Sidekicks
21.	22.	23. No School	24. Thanksgiving	25.No School
Chicken strips Fries WG Roll Or Spicy Chicken Cheeseburger	Beef Tacos Side of Beans Or Chicken Cheeseburger Sweet Potato Fries			
28.	29.	30.	1. December	2.
Chicken Nuggets Tater Tots WG Roll Green Beans Or Spicy Chicken Cheeseburger chips	Beef Nachos & beans & Cheese sidekicks, Bean & cheese burrito	Little Caesars Pizza carrots Sidekicks Cheeseburgers bk sun chips		

Monday: Pancakes & Scrambled Egg Syrup

Tuesday: Sausage Cheese Egg McMuffin

Wednesday: Pancakes on stick & Syrup

Thursday: BISCUITS & GRAVY

Friday: CHORIZO & EGGS WG Tortilla

Offer Daily @ Breakfast
 Cereal's, yogurts, fresh fruit,
 100% Juice

All burgers and Sandwiches or
 Subs come with Lettuce, Tomatoes,
 Pickles spears and you must take a
 fruit or vegetable with all your
 meals

Daily SALADS BAR & FRUITBAR



Daily Peanut Butter & Jelly SANDWICHES



Dairy

MILK & WATER AVAILABLE DAILY
 1% White FF CHOCOLATE
 FF STRAWBERRY

'This institution is an equal opportunity Provider.

Milk Served with all meals*** Juice is offered with Breakfast