



OCTOBER/2011

MADAWASKA MIDDLE/HIGH SCHOOL

BREAKFAST / LUNCH MENU

<p>3 <u>BREAKFAST</u> TOAST & CEREAL</p> <p><u>LUNCH</u> Chicken Stew Biscuit W/Butter Hot Vegetable Fruit & Salad Bar</p>	<p>4 <u>BREAKFAST</u> Breakfast pizza</p> <p><u>LUNCH</u> Hot Ham & Cheese Pasta Salad Hot Vegetable Fruit & Salad Bar</p>	<p>5 <u>BREAKFAST</u> Home made Toast Oatmeal</p> <p><u>LUNCH</u> Ravioli Garlic Roll W/Butter Hot Vegetable Fruit & Salad Bar</p>	<p>6 <u>BREAKFAST</u> French Toast Sticks</p> <p><u>LUNCH</u> Meatloaf, Mashed Potatoes Gravy, Sliced Bread W/ Butter Hot Vegetable Fruit & Salad Bar</p>	<p>7 <u>BREAKFAST</u> Toast & Cereal</p> <p><u>LUNCH</u> Homemade Pepperoni Pizza Hot Vegetable Fruit & Salad Bar Jello</p>
<p>10</p> <p style="text-align: center;">HOLIDAY</p>	<p>11 <u>BREAKFAST</u> Toast & Cereal</p> <p><u>LUNCH</u> Baked Ham Baked Potato, Sour Cream Whole Wheat Roll W/ Butter Hot Vegetable Fruit & Salad Bar</p>	<p>12 <u>BREAKFAST</u> Home made Toast & Hard Boiled Egg</p> <p><u>LUNCH</u> Big Mac Wrap Poutine Hot Vegetable Fruit & Salad Bar Pudding</p>	<p>13 <u>BREAKFAST</u> Pancakes</p> <p><u>LUNCH</u> Spanish Franks Steamed White Rice School made Roll W/Butter Hot Vegetable Fruit & Salad Bar</p>	<p>14 <u>BREAKFAST</u> Muffin</p> <p><u>LUNCH</u> Chicken Burger Lettuce, Tomatoes Pasta Salad Hot Vegetable Fruit & Salad Bar</p>
<p>17 <u>BREAKFAST</u> Toast & Cereal</p> <p><u>LUNCH</u> Chicken Alfredo W/Pasta Whole Wheat Roll W/Butter Hot Vegetable Fruit & Salad Bar</p>	<p>18 <u>BREAKFAST</u> Breakfast Pizza</p> <p><u>LUNCH</u> American Chop Suey Corn Bread W/ Butter Hot Vegetable Fruit & Salad Bar</p>	<p>19 <u>BREAKFAST</u> Home made Toast & Hard o Oatmeal</p> <p><u>LUNCH</u> Turkey Sub Pasta Salad Hot Vegetable Fruit, & Salad Bar Cookie</p>	<p>20 <u>BREAKFAST</u> Egg Patty & Toast</p> <p><u>LUNCH</u> Tomato Rice Soup Egg Sandwich Hot Vegetable Fruit & Salad Bar</p>	<p>21 <u>BREAKFAST</u> Muffin</p> <p><u>LUNCH</u> Cheese Burger or Hamburger Baked Fries Hot Vegetable Fruit & Salad Bar</p>
<p>24 <u>BREAKFAST</u> Toast & Cereal</p> <p><u>LUNCH</u> Chicken Pot Pie Home made Sliced Bread Hot Vegetable Fruit & Salad Bar</p>	<p>25 <u>BREAKFAST</u> French Toast Sticks</p> <p><u>LUNCH</u> Brunch for Lunch Egg & Sausage Pancakes W/ Syrup Hash Brown, Baked Beans Fruit & Salad Bar</p>	<p>26 <u>BREAKFAST</u> Home made Toast & Cereal</p> <p><u>LUNCH</u> Spaghetti W/Meat Sauce Or Plain Sauce, School made Rolls W/ Butter Hot Vegetable Fruit & Salad Bar</p>	<p>27 <u>BREAKFAST</u> Egg & Cheese Sandwich</p> <p><u>LUNCH</u> School made Pizza Corn on the Cob Fruit & Salad Bar Strawberry Square</p>	<p>28 <u>BREAKFAST</u> Muffin</p> <p><u>LUNCH</u> Chicken Nuggets W/ Assorted Sauce Flavored Rice Sliced Bread W/Butter Hot Vegetable Fruit & Salad Bar</p>
<p>31 <u>BREAKFAST</u> Toast & Cereal HAPPY HALLOWEEN</p> <p><u>LUNCH</u> Mummy Dogs Creepy Crawly Pasta Salad Goey Spooky Trees (Broccoli & Cheese Sauce) Pumpkin Square Fruit & Salad Bar</p>			<p>Menu subject to change without notice Assorted 100% Fruit Juice and flavored 1% fat free Milk offered with each meal.</p>	<p>BREAKFAST Cereal & Toast Sun Butter, Jelly, Butter, Cheese Stick, Whole Grain Pop tart available everyday</p>

