

LUNCH

NOVEMBER 2022

Shrewsbury Middle Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Monti's Pizza Turkey and Cheese Croissant Brunch Bag Baked Sweet Potato Fries Tossed Salad Corn Apples	2 Mozzarella Sticks w/ Marinara Sauce Ham and Cheese on Wheat Brunch Bag Green Beans Carrot Sticks and Ranch Roll Pears	3 Monti's Pizza Chicken Patty BLT Sub Brunch Bag Steamed Broccoli Pasta Salad Peaches	4 Taco Salad (Beef or Vegetarian) Buffalo Chicken Patty Brunch Bag Steamed Carrots Macaroni Salad Celery Sticks and Hummus Blueberries
7 Nachos Beef or Vegetarian Chicken Patty Sandwich Brunch Bag Corn Caesar Salad Tri Bean Salad Berries	8 Parent Conferences No School	9 Pasta with Meat or Marinara Sauce Turkey and Cheese on Wheat Brunch Bag Green Beans Roll Apples	10 Monti's Pizza Ham and Cheese Sub Brunch Bag Steamed Broccoli Hummus and Celery Sticks Pasta Salad Pears	11 Veteran's Day No School
14 Cheese Burger or Gardenburger Brunch Bag Baked Chips Caesar Salad Peas Blueberries	15 Monti's Pizza Turkey and Cheese Croissant Brunch Bag Baked Sweet Potato Fries Tri Bean Salad Corn Apples	16 Mozzarella Sticks w/ Marinara Sauce Ham and Cheese on Wheat Brunch Bag Green Beans Roll Pears	17 Monti's Pizza Chicken BLT Sub Brunch Bag Steamed Broccoli Pasta Salad Peaches	18 Taco Salad (Beef or Vegetarian) Buffalo Chicken Patty Brunch Bag Steamed Carrots Macaroni Salad Celery Sticks and Humus Mixed Fruits

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Thanksgiving Break

<p>21 Nachos Beef or Vegetarian Chicken Patty Sandwich Brunch Bag Corn Caesar Salad Tri Bean Salad Berries</p>	<p>22 Monti's Pizza Chicken Salad Croissant Brunch Bag Baked Fries Steamed Zucchini/Summer Squash Medley Garden Salad Corn Mixed Fruits</p>			
<p>28 Cheese Burger or Gardenburger Tuna Salad on a Roll Brunch Bag Baked Fries Caesar Salad Peas Blueberries</p>	<p>29 Monti's Pizza Turkey and Cheese Croissant Brunch Bag Baked Sweet Potato Fries Tri Bean Salad Corn Apples</p>	<p>30 Mozzarella Sticks w/ Marinara Sauce Ham and Cheese on Wheat Brunch Bag Green Beans Roll Pears</p>		
<p>Please call the Cafeteria Manager at your child's school if you have questions about food ingredients or allergens.</p> <p>Menus are subject to change.</p> <p>Breakfast is served daily.</p>		<p>Brunch Bag Include: A Grain: Bagel, Muffin or Cereal, Milk, Fruit and Protein: Yogurt, Cheese or Hard-Boiled Egg</p> <p>All Lunches Include: Protein, Grain, Milk, Fruit and Vegetable Components</p>		<p><i>Meals are free for all students through June 30, 2023.</i></p>