

NOVEMBER 2019

Mt Everett Regional

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternative Lunches
				1 Cheese or Pepperoni Pizza	Monday-Wednesday-Friday Fresh Baked Pizza Tuesday-Thursday Chicken Patty Sandwich Daily-Deli Sandwich or Chef Salad
4 Chicken Tenders with French Fries	5 No School	6 Hot Dog with Baked Beans	7 Half Day Grab and Go Available	8 French Toast Sticks with Sausage	Whats Included in Your Lunch? A Choice of Flavored & Non-Flavored Skim Milk 1% Unflavored Milk 4oz Fruit Juice , Fresh Fruit, and Vegetable
11 Veteran's Day No School	12 Taco Salad	13 Meatball Sub	14 Turkey Chili with Corn Bread	15 Hamburger or Cheeserburger with French Fries	Daily Variety of Fruits and Vegetables ~Apple, Orange, Banana, Special Fruit ~Mesclun, Broccoli, Cauliflower, Tomato, Cucumber, Carrot, Celery
18 French Toast Sticks with Sausage	19 Macaroni and Cheese	20 Chicken Tenders with Tater Tots	21 Grilled Cheese and Soup with WG Cookie	22 Hot Dog with Baked Beans	Lunch Prices Paid-\$3.25 Reduced -\$0.40 Milk-\$0.50
25 Cheese or Pepperoni Pizza	26 Thanksgiving Luncheon	27 Thanksgiving Break	28 Thanksgiving Break	29 Thanksgiving Break	Make Sure to Complete Your Free and Reduced Application for School Year 2019-2020
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