

Meals are Free

A complete Breakfast and Lunch
will be free for all students
Pre-K to 12th grade for the
school year 2021-2022

Breakfast

Monday - Grab & Go
Tuesday - Sausage Pancake Wrap
Wednesday—Grab & Go
Thursday— Breakfast Pizza
Friday –Variety
Cereal Available Daily
Meal includes Milk, and Juice

Elementary Second Choice

Monday - PB&J Sandwich
Tuesday - Chicken & Cheese Salad
Wednesday -PB&J Sandwich
Thursday— Chicken & Cheese Salad
Friday -PB&J Sandwich

Meals Include Fruit, Vegetable
and Milk Choice

MHS Salad Option

Monday - Chicken & Cheese Salad
Tuesday - Chef Salad
Wednesday—Bacon Chicken Ranch Salad
Thursday— Chef Salad
Friday—Variety Salad

Meals Include Fruit, Vegetable
and Milk Choice

MHS Express Option

Monday - Buffalo Chicken Wrap
Tuesday - Hot Entrée (Variety)
Wednesday—Bacon Chicken Ranch Wrap
Thursday— BBQ Chicken Wrap
Friday –Cold Turkey Sub
PB&J Available Daily

Meals Include Fruit, Vegetable
and Milk Choice

BREAKFAST

LUNCH

OCTOBER 2021

AuSable Valley Central School

Menu subject to change

Monday

Tuesday

Wednesday

Thursday

Friday



4
Chicken Nugget / WW Roll
French Fries
Green Beans
Fruit & Milk

5
Grilled Cheese / WW Bread
Tomato Soup
Broccoli / Sliced Carrots
Fruit & Milk

6
MHS- Chicken Fajita / WW Wrap
AFE-Nachos w/Cheese
KES- Grilled Cheese/ Tomato Soup
Tossed Salad
BBQ Baked Beans
Fruit & Milk

7
Meatball Sub w/Cheese
MHS- BBQ Rib WW Roll
Tots
Sliced Carrots
Fruit & Milk

1
Pizza
Carrots Sticks
Celery Sticks
Fruit & Milk

8
Pizza
Carrots Sticks
Celery Sticks
Fruit & Milk

11
NO SCHOOL
Columbus Day

12
Hamburger/ WW Roll
Tots
Sliced Carrots
Fruit & Milk

13
Valley Bowl
Popcorn Chicken
Mashed Potatoes w/Gravy
Corn
Fruit & Milk

14
Chicken Patty / WW Roll
French Fries
BBQ Beans
MHS – Sliced Carrots
Fruit & Milk

15
Pizza
Carrots Sticks
Broccoli
Fruit & Milk

18
Hot Dog / WW Roll
Potato Wedges
Sliced Carrots
Fruit & Milk

19
Nachos w/Cheese/Salsa/Lettuce
Tossed Salad
BBQ Beans
Fruit & Milk

20
EARLY RELEASE
Pancakes/Syrup
Sausage Links
Hash Browns, Carrot Sticks
Fruit & Milk

21
Chicken Sandwich
MHS- Buffalo Chicken Sandwich
French Fries,
Broccoli
Fruit & Milk

22
Pizza
Carrots Sticks
Celery Sticks
Fruit & Milk

25
Hamburger / WW Roll
Tots
Sliced Carrots
Fruit & Milk

26
Soft Taco / WW Wrap
Corn
BBQ Baked Beans
Fruit & Milk

27
Mac & Cheese
WW Garlic Bread
Tossed Salad
Broccoli
Fruit & Milk

28
Chicken Nugget / WW Roll
French Fries
Sliced Carrots
Fruit & Milk

29
Pizza
Carrots Sticks
Celery Sticks
Fruit & Milk

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If you have any questions please contact Mrs. Martineau at (518) 834-2805 or martineau.michelle@avcsk12.org