

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 - Breakfast Sandwich
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**

MAY 2022

Menu subject to change

AuSable Valley Central School

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nugget 2 WW Roll Wedges Broccoli Fruit & Milk	Grilled Cheese 3 WW Bread Tomato Soup BBQ Beans / Sliced Carrots Fruit & Milk	Spaghetti 4 Tossed Salad Carrots Fruit & Milk	<u>Valley Bowl</u> 5 Popcorn Chicken Mashed Potatoes w/Gravy Corn Fruit & Milk	Pizza 6 Carrots Sticks Celery Sticks Fruit & Milk
Hot Dog or Michigan 9 WW Roll Tots Sliced Carrots Fruit & Milk	Hot Chicken Sandwich 10 Mashed Potatoes w/Gravy Broccoli Fruit & Milk	Soft Taco 11 Meat/Cheese/Salsa/Lettuce Tossed Salad BBQ Beans Fruit & Milk	Elem-BBQ Rib WW Roll 12 MHS – MB SUB w/Cheese French Fries Carrots Fruit & Milk	Pizza 13 Carrots Sticks Celery Sticks Fruit & Milk
Hamburger 16 WW Roll French Fries BBQ Beans Fruit & Milk	<u>Valley Bowl</u> 17 Popcorn Chicken Mashed Potatoes w/Gravy Corn (Carrots-MHS) Fruit & Milk	Baked Pasta 18 Tossed Salad Carrots Fruit & Milk	BBQ Chicken Sandwich 19 MHS- Buffalo& BBQ Chicken Sandwich Wedges & Broccoli Fruit & Milk	Pizza 20 Carrots Sticks Celery Sticks Fruit & Milk
Chicken Patty 23 WW Roll Wedges Broccoli Fruit & Milk	Nachos w/ Meat & Cheese 24 Salsa/Lettuce Tossed Salad BBQ Beans Fruit & Milk	Pizza 25 Carrots Sticks Celery Sticks Fruit & Milk	Hot Dog 26 WW Roll Tots Sliced Carrots Fruit & Milk	Pizza 27 Carrots Sticks Celery Sticks Fruit & Milk
30 NO SCHOOL Memorial Day	Chicken Nugget 31 WW Roll Wedges Broccoli Fruit & Milk			



Meals are FREE for All Students in the school year 2021-2022

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