

## 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

## 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

## 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

## AuSable Valley Central School

Monday	Tuesday	Wednesday	Thursday	Friday
		Hot Dog <b>1</b> WW Roll Tots Green Beans Fruit & Milk	Soft Taco <b>2</b> Meat/Cheese/Salsa/Lettuce Carrots BBQ Beans Fruit & Milk	Pizza <b>3</b> Carrots Sticks Celery Sticks Fruit & Milk
Chicken Patty <b>6</b> WW Roll Wedges Carrots Fruit & Milk	Elem - Spaghetti <b>7</b> MHS – Alfredo Tossed Salad Broccoli Fruit & Milk	<u>Valley Bowl</u> <b>8</b> Popcorn Chicken Mashed Potatoes w/Gravy Corn Fruit & Milk	Grilled Cheese <b>9</b> WW Bread Tomato Soup BBQ Beans / Sliced Carrots Fruit & Milk	Pizza <b>10</b> Carrots Sticks Celery Sticks Fruit & Milk
Hot Dog or Michigan <b>13</b> WW Roll Tots Sliced Carrots Fruit & Milk	Chicken Nugget <b>14</b> WW Roll Wedges Broccoli Fruit & Milk	MHS – Regents Day <b>15</b> <u>Cooks Choice</u> Elementary - Hamburger French Fries / Carrots Fruit & Milk	MHS – Regents Day <b>16</b> <u>Cooks Choice</u> Elementary - Nachos Tossed Salad / BBQ Beans Fruit & Milk	MHS – Regents Day <b>17</b> <u>Cooks Choice</u> Elementary Pizza Carrots Sticks/Celery Sticks Fruit & Milk
<b>20</b> No School	MHS – Regents Day <b>21</b> <u>Cooks Choice</u> Elementary – 11am dismissal Breakfast off bus Fresh Fruit Snack	MHS – Regents Day <b>22</b> <u>Cooks Choice</u> Elementary – 11am dismissal Breakfast off bus Fresh Fruit Snack	MHS – Regents Day <b>23</b> <u>Cooks Choice</u> Elementary – 11am dismissal Breakfast off bus Fresh Fruit Snack	MHS Graduation – 6pm <b>24</b> Elementary – 9:30 dismissal
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

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

