



This institution is an Equal Opportunity Employer

OCTOBER 2020

Mt Ararat Middle School

All Breakfast & Lunches are free until December 31, 2020
Menu Subject to change without notice

Monday

Tuesday

Wednesday

Thursday

Friday

5
Ravioli
Tossed Salad
Garlic Bread
Fruit Milk

6
Shepherd's Pie
Cucumber Slices
Apple
WG Roll
Chocolate Milk

7
Ravioli
Tossed Salad
Garlic Bread
Fruit Milk

1
Pancake Bites
Sausage, Hash Brown
Applesauce Cup
OR
Spicy Chicken Salad, WG Roll,
Dressing

2
Taco Bowl
Meat, Cheese, black Beans, Salsa,
WG Tortilla Chips & Grapes
OR
Assorted Munchables

12
Holiday

No School

13
Chicken Tenders
Mashed Potato
Steamed Green Peas
WG Roll
Milk

14
Quesadilla
Spanish Rice
Corn & Black Bean Salad
Chocolate Milk

15
Chicken Tenders
Mashed Potato
Steamed Green Peas
WG Roll
Milk

16
Quesadilla
Spanish Rice
Corn & Black Bean Salad
Chocolate Milk

19
Yogurt Munchable
Granola & Berries
Cheese Stick
Fresh Grapes
Milk

20
Chicken Noodle Soup
Grilled Cheese Sandwich
Fruit Salad
Chocolate Milk

21
Meal Pick Up Day

22
Yogurt Munchable
Granola & Berries
Cheese Stick
Fresh Grapes
Milk

23
Chicken Noodle Soup
Grilled Cheese Sandwich
Fruit Salad
Chocolate Milk

26
Corn Dogs
Tater Tots
Fresh Broccoli w/Dip
Orange Slices
Milk

27
American Chop Suey
Steamed Green Beans
WG Roll
Fruit Chocolate Milk
BooBerry Cake

28
Meal Pick Up Day

29
Corn Dogs
Tater Tots
Fresh Broccoli w/Dip
Orange Slices
Milk

30
American Chop Suey
Steamed Green Beans
WG Roll
Fruit Chocolate Milk
BooBerry Cake

Breakfast and Lunch is free for all students until December 31st, or funding runs out. Please let the foodservice director know if you have any questions regarding meal pickup or Delivery.

Please return your free & reduced lunch forms to the office at your child's school.

