

MIDDLE SCHOOL MENU

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken & Cheese Quesadilla Sour Cream & Salsa Mexican Rice	2 Pizza Party! (V)	3 French Toast (V) Hash Browns Sausage Blueberry Compote
6 Grilled Cheese Sandwich Tomato Soup (V)	7 Steak & Cheese Sub Onions & Peppers Veggie Pasta Salad	8 Tortellini Primavera (V) With Chicken Sausage Bread Stick	9 Pizza Party! (V)	10 Veterans Day No School
13 Kayem Lite Hot Dog On a Bun Or All Beef Hot Dog Baked Beans Carrot Coins	14 Big Blue Chili Fries Fries Topped with Homemade Chili (V) Cheese, Sour Cream & Salsa	15 Roast Turkey Dinner Butternut Squash Stuffing & Gravy	16 Pizza Party! (V)	17 Dutch Waffles (V) Sausage, Home Fries Strawberry Compote
20 BBQ Chicken Cheddar Bacon Sandwich Sweet Potato Fries	21 Cheesy Lasagna Garlicky Broccoli Bread Stick	22 No Lunch Early Release For Pre K -12	23 No School Thanksgiving Break	24 No School Thanksgiving Break
27 Hamburger, Cheeseburger, Veggie Burger (V) French Fries	28 Teriyaki Chicken Brown Rice Fortune Cookie	29 Ham & Cheese Panini Roasted Pear and Barley Salad	30 Pizza Party! (V)	

- V is or can be made vegetarian.
- Assorted sandwiches, entrée salads and grab-and-go meals are available daily, including vegetarian options.
- All meals are offered with milk, 100% fruit juice, fresh fruit and vegetables.
- Menu subject to change without notice.

- If you have a food allergy, please contact the Nutrition Services department before purchasing a meal.
- Each student is entitled to one free breakfast and one free lunch each school day.
- This institution is an Equal Opportunity Employer.
- To translate this menu, upload it to deepl.com.

Comments or concerns? Contact the Nutrition Services department at ashland.k12.ma.us/NutritionServices or 508-881-0165.