

BROKEN ARROW MIDDLE SCHOOLS – NOVEMBER 2-6, 2009

WEEK #5	MONDAY Nov 2	TUESDAY Nov 3	WEDNESDAY Nov 4	THURSDAY Nov 5	FRIDAY Nov 6
MAIN LINE 2.00/S 2.64/A	Meatball Calzone Tater Tots Raw Veggies w/Dip Mixed Berries Milk & Juice	Macaroni & Cheese Green Beans Grapes Cowboy Bread Milk & Juice	Mostaccioli Steamed Broccoli Strawberries Garlic Toast Milk & Juice	Turkey Ranch Wrap Refried Beans Pineapple Milk & Juice	Chicken Fried Steak Mashed Potatoes w/Gravy Corn on the Cob Pears Whole Wheat Roll Milk & Juice
PIZZA LINE 2.00-2.25/S 2.65/A	Pizza Raw Veggies w/Dip Mixed Berries Milk & Juice	Pizza Green Salad Grapes Milk & Juice	Pizza Green Salad Strawberries Milk & Juice	Pizza Green Salad Pineapple Milk & Juice	Pizza Green Salad Pears Milk & Juice
BURGER LINE 2.00-2.10/S 2.65-2.75/A	Hamburger/Cheeseburger French Fries Raw Veggies w/Dip Mixed Berries Milk & Juice	BBQ Sandwich French Fries Green Salad Grapes Milk & Juice	Corn Dog Nuggets French Fries Green Salad Strawberries Whole Wheat Rolls Milk & Juice	Chicken Filet Sandwich French Fries Green Salad Pineapple Milk & Juice	Hamburger/Cheeseburger French Fries Green Salad Pears Milk & Juice
SALAD BAR 2.00-2.10/S 2.65-3.15/A	Lettuce Bowl w/ Variety of Fruits & Vegetables Diced Eggs, Shrd Cheese Chicken Tortilla Soup Crackers <u>or</u> Whole Wheat Rolls Milk & Juice	"Potato Bar" w/Chili & Variety of Toppings Whole Wheat Rolls Grapes Milk & Juice	Lettuce Bowl w/Variety of Fruits & Vegetables Diced Ham Cottage Cheese Chicken Dumpling Soup Crackers <u>or</u> Wheat Rolls Milk & Juice	"Super Nacho Bar" w/Toppings Whole Wheat Roll Pineapple Milk & Juice	Lettuce Bowl w/Variety of Fruits & Vegetables Tuna Salad Beef & Mushroom Soup Crackers <u>or</u> Whole Wheat Rolls Milk & Juice