OCTOBER 2019
Meridian World School

Monday
- Roasted Pork Loin
  - Grilled Tofu
- Mashed Potatoes
- Sautéed Vegetables
- Dinner Roll
Choice of 1% or Skim Milk
- Fall Break
No School

Tuesday
- Chicken Fajitas
  - Veggie Fajitas
- Black Beans
  - Sautéed Carrots
  - Fruit
Choice of 1% or Skim Milk

Wednesday
- Chili
  - Veggie Chili
  - Cornbread (K-12)
- Green Chile Cheddar Cornbread (6-12)
  - Fruit
Choice of 1% or Skim Milk

Thursday
- Sweet and Sour Chicken
  - Sweet and Sour Veg/Tofu
- Brown Rice
- Sautéed Vegetables
  - Fruit
Choice of 1% or Skim Milk

Friday
- Beef or Black Bean Burger
  - Whole Grain Bun
  - Fries
- Lettuce, Tomato, Pickles, Red Onion
  - Fruit
Choice of 1% or Skim Milk

Please be sure to sign your child up for a meal account through www.myschoolbucks.com
FMI regarding the menu or ingredients, contact Leslie Sterzinger at Chef@mwschool.org
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