

**Mt Baker  
Jr & Sr High  
November 2009**



**AVAILABLE DAILY**

**Wrap Meal  
Burger Bar Meal  
Pizza Meal  
Salad Meal  
Sub Sandwiches**

**Want it Vegetarian?  
We can do that**

**INCLUDED WITH  
EVERY MEAL  
Fresh Fruits & Veg-  
gies  
1% or Non-fat Milk**

Karla Atwood-Director  
383-2024

**Monday, Nov. 2**

Pasta  
Marinara Sauce  
Meatballs  
Green Beans  
Garlic Bread

**Tuesday, Nov. 3**

Chicken Nuggets  
Green Beans  
Mashed Potatoes & Gravy  
Ina's Famous Multigrain Roll

**Wednesday, Nov. 4**

Teriyaki Chicken  
Noodle Bowl with Steamed Veggies  
Fortune Cookies

**Thursday, Nov. 5**

Super Nacho Day  
Spanish Rice  
Beef/Cheese/ Sauce  
All the toppings

**Friday, Nov. 6**

No School

**Monday, Nov. 9**

Asst. Pizza Day  
Garden Greens

**Tuesday, Nov. 10**

Chicken Nuggets,  
Mashed Potatoes, Gravy  
INA'S FAMOUS Multi Grain Roll  
Green Beans

**Wednesday, Nov. 11**

NO SCHOOL

**Thursday, Nov. 12**

Super Soft Taco Day  
Beef/Cheese/ Sauce  
All the toppings

**Friday, Nov. 13**

Turkey Dinner  
Turkey Gravy over Mashed Potatoes  
Multi Grain Roll  
Green Beans  
Cranberry Sauce  
Pumpkin Pie



**Monday, Nov. 16**

Mac & Cheese with Ham  
Lightly Steamed Broccoli

**Tuesday, Nov. 17**

Chicken Nuggets,  
Mashed Potatoes, Gravy  
INA'S FAMOUS Multi Grain Roll  
Green Beans

**Wednesday, Nov. 18**

Teriyaki Beef  
Noodle Bowl, Steamed Broccoli  
Fortune Cookie

**Thursday, Nov. 19**

Smothered Burrito  
Mexi-Rice  
Shredded Lettuce

**Friday, Nov. 20**

**Forbes Fish Fry**  
Fish & Chips  
Baked Fish  
Baked French Fries  
Fresh Fruit & Veggies



**Monday, Nov. 23**

Ham & Cheese Sliders  
Turkey Noodle Soup  
Fruit & Milk

**Tuesday, Nov.. 24**

Chicken Nuggets,  
Mashed Potatoes, Gravy  
INA'S FAMOUS Multi Grain Roll  
Green Beans

**Wednesday, Nov. 25**

Teriyaki Beef  
Noodle Bowl, Steamed Broccoli  
Fortune Cookie

**Thursday, Nov. 26**

No School

**Friday, Nov. 27**

No School

**Monday, Nov. 30**

Mac & Cheese with Ham  
Lightly Steamed Broccoli



**DID YOU KNOW**

**IF YOU RECEIVE  
FREE OR  
REDUCED  
LUNCHES YOU  
ALSO RECEIVE  
FREE  
BREAKFAST**

These are a few of our  
daily breakfast choices  
Yogurt & Crackers  
Bagel w/ Cream cheese  
Poptart  
Breakfast Egg & Ham  
Sandwich  
Breakfast Pizza  
Whole grain Cinnamon

This institution is an  
equal opportunity provider