October 2023

Mississinawa Valley Schools

Important Info:
Free and Reduced Meal Applications: online @ www.mississinawa.k12.oh.us, click on "District Life - Food Services" to find the PaySchools Central link along with instructions, helpful tips for filling out the application, and income guidelines to see if you might qualify.

Monthly menus and cafeteria info available on school website: https://www.mississinawa.k12.oh.us/district-life/food-services

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Breaded Chicken Patty Sandwich Tomato Slices Corn Frozen Strawberries Milk	French Toast Yogurt Muffin (JH/HS) Starz Hashbrowns Juice Cup Milk	Corn Dogs Baked Beans Baked Chips Pineapple Milk	Pizza Green Beans Side Salad w/Dressing Frozen Fruit Cup Milk	Hot Ham & Cheese Cheesy Broccoli Sidekicks Slush Assorted Fruit Milk
		** 2-Hr Early Dismissal & Fall Fair*		
9	**10**	**11**	**12**	**13**
Hot Dog on Bun Waffle Fries Carrot Sticks, Ranch Applesauce Milk	Walking Taco (lettuce, cheese, salsa) Cheesy Refried Beans Chocolate Chip Granola Bar Diced Peaches Milk	Cheeseburger Tomato Slices, Pickles Green Beans Mandarin Oranges Milk	Chicken Strips Augratin Potatoes Fresh Broccoli Cookie (whole grain) Juice Cup Milk	Soft Pretzel w/Cheese Peas Side Salad w/Dressing Apples Milk
16	**17**	**18**	**19**	**20**
Tenderloin Sandwich (lettuce, tomato slices) Cheesy Broccoli Pineapple Milk	Mozzarella Cheese Sticks Marinara Sauce Green Beans Frozen Strawberries Milk	Mini Pancakes Sausage Links Hashbrown Patty Juice Cup Milk	Homemade Chicken & Noodles Mashed Potatoes Dinner Roll/Butter Frozen Strawberries Milk	Grilled Cheese Tomato Soup, Crackers Cucumbers Apple Slices Milk
23	**24**	**25**	**26**	**27**
BBQ Pork Sandwich Smile Face Fries Fresh Broccoli, Ranch Frozen Fruit Milk	Popcorn Chicken Mashed Potatoes w/Gravy Dinner Roll/Butter Diced Peaches Milk	Sausage Patty Sandwich Green Beans Carrot Sticks, Ranch Apples Milk	Burrito (lettuce, cheese, sour cream) Seasoned Black Beans Tortilla Scoops/Salsa Pineapple Milk	French Bread Pizza Corn Sidekicks Slush Mandarin Oranges Milk
30	**31**	**Nov 1**	**Nov 2**	**Nov 3**
Sloppy Joe Sandwich Waffle Fries Celery/Peanut Butter Applesauce Milk	Smokie on a Bun Green Beans Sidekicks Slush Applesauce Milk	Baked Rotini Pasta Breadstick (whole grain) Side Sald w/Dressing Carrot Sticks Assorted Fruit, Milk	Turkey Club Sandwich (lettuce, tomato, pickles) Glazed Carrots Ice Cream Treat Diced Peaches, Milk	*Works Day* *NO SCHOOL*
		** 2 Hr-Early Dismissal 11/1 & 11/2 - Parent-Teacher Conf*		

Daily Breakfast (7:30-8:00 am)

Monday - Yogurt or Pop Tart
Tuesday - French Toast Sticks
Wednesday - Breakfast Pizza
Thursday - Muffin
Friday - Cinnamon Crumb Cake
OR choice of assorted cereal all 5 days

Breakfast also includes teddy grahams or toast, fruit, juice, and milk (white or chocolate).

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NEW!!!!!
Grades 4 - 6 Daily Option B:
Nachos & Cheese with granola bar
(in place of main entree on menu)

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JH/HS & Staff Daily Option B:

Monday - Fiestada

Tuesday - Berry Yogurt Parfait

Wednesday - Chicken Patty Sandwich

Thursday - Chef Salad (lettuce, ham, cheese, diced eggs, tomatoes, croutons, crackers)

Friday - Calzone

~ Lunch Prices ~
PK-6 $2.60
7-12 $2.75
Adults $3.25 / Extra Milk $.50
~ Breafast Prices ~
PK $1.35 / K-12 $1.60

All option B meals for grades 4-6 and JH/HS will receive the same veggies and fruit as listed on the menu EXCEPT with the Chef Salads.

Salads already have the meat, vegetable and bread components included. Student chooses fruit and milk also.

MV is Offer vs Serve:
Students must have a minimum of 3 menu items on their tray with one being a fruit and/or vegetable.

Menu is Subject to Change Without Notice Due to Supply Availability. This institution is an equal opportunity provider.