

### Monday

### Tuesday

### Wednesday

### Thursday


### Friday


**We Proudly Use These Local Vendors!**  
 Juniper Hill Farm- Produce + Fresh Eggs  
 Essex Food Hub – Apples / Pasta  
 North Country Creamery - Yogurt  
 Donahue's Livestock and Lucki7 - Beef  
 Glaziers - Milk

Pizza-Quesadilla **5**  
 Cheese / Pepperoni  
 Marinara Sauce  
 Pasta Salad  
 Fruits and Vegetables  
 Milk

Beef Tacos **6**  
 Brown Rice  
 Beans / Corn  
 Fruits and Vegetables  
 Milk

Grilled Cheese Sandwich **7**  
 Homemade Soup  
 Fruits and Vegetables  
 Milk

NO SCHOOL **1**  
  
 Holiday Break

NO SCHOOL **2**  
  
 Holiday Break

Spaghetti **12**  
 Meat Sauce / Marinara  
 Garlic Bread  
 Fruits and Vegetables  
 Milk

Chicken Cantina Bowl **13**  
 Brown Rice  
 Beans / Corn  
 Fruits and Vegetables  
 Milk

Hamburger / Cheeseburger **14**  
 Baked Beans  
 Fruits and Vegetables  
 Milk

Brunch for Lunch! **15**  
 French Toast / Maple Syrup  
 Sausage / Eggs / Home Fries  
 Yogurt / Granola / Berries  
 Fruits and Vegetables  
 Milk

Cheese Pizza **16**  
 Pepperoni Pizza  
 Specialty Pizza  
 Homemade Dessert  
 Fruits and Vegetables  
 Milk

NO SCHOOL **19**

Italian Dunkers **20**  
 Marinara Sauce  
 Bacon Ranch Pasta Salad  
 Fruits and Vegetables  
 Milk

Meatball Sub **21**  
 Roasted Broccoli  
 Fruits and Vegetables  
 Milk

BBQ Chicken on a Bun **22**  
 Baked Beans / Coleslaw  
 Fruits and Vegetables  
 Milk

Cheese Pizza **23**  
 Pepperoni Pizza  
 Specialty Pizza  
 Homemade Dessert  
 Fruits and Vegetables  
 Milk

Ramen Bowl **26**  
 Beef / Vegetable  
 Fruits and Vegetables  
 Milk

Chicken Fajitas **27**  
 Brown Rice  
 Beans / Corn  
 Fruits and Vegetables  
 Milk

Grilled Cheese Sandwich **28**  
 Homemade Soup  
 Fruits and Vegetables  
 Milk

Roasted Turkey **29**  
 Mashed Potatoes / Gravy  
 Dinner Roll  
 Fruits and Vegetables  
 Milk

Cheese Pizza **30**  
 Pepperoni Pizza  
 Specialty Pizza  
 Homemade Dessert  
 Fruits and Vegetables  
 Milk

Mountain View School encourages all students to select a complete meal containing all 5 food components at lunch.

Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are PB&J or Egg Salad Sandwich. All students eat free meals! If you have a food allergy, please notify us.