

# Ma'ema'e Elementary School Menu

NOVEMBER 2022

Menus are available online at [www.maemaeschool.com](http://www.maemaeschool.com). Click on the "About Us" tab, or pick up a hardcopy at the school office.

	11/1/2022	11/2/2022	11/3/2022	11/4/2022
	Cinnamon Roll Pears Fresh Fruit	Portugese Sausage Rice Fresh Fruit Pineapple	Country Breakfast Scramble Rice Juice Applesauce	Breakfast Pizza Fresh Fruit Apple Chips
	Mac & Cheese Baby Carrots Edamame Fresh Fruits	Tuna Sandwich Chicken Noodle Soup Cherry Tomatoes Veggie Sticks Fresh Fruits	Pepperoni Pizza Veggie Sticks Steamed Corn Fresh Fruit	Baked Chicken Rice Broccoli Baked Beans Apple Chips
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
Fruited Muffin Juice Peaches		Bagel w/ Cream Cheese Fresh Fruit Pears	Country Gravy Pizza Pineapple Craisins	
Cheese Bites w/ Sauce Veggie Sticks Slushie	NO SCHOOL ELECTION DAY	Creole Mac Green Salad Edamame WG Roll Applesauce	Breaded Chicken Tenders Rice Edamame & Corn Peaches	HOLIDAY VETERANS DAY
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
Cheese Sticks w/ Sauce Peaches	Belgian Waffle Fresh Fruit Mixed Fruit	Yogurt w/ Granola Pears Fresh Fruit	Portugese Sausage Rice Applesauce Craisins	Cinnamon Roll Apple Chips Fresh Fruits
Cheese Pizza Green Salad Baby Carrots Fresh Fruits	Turkey Ham Sandwich Tater Tots Coleslaw Apple Chips	Spaghetti w/ Meat Sauce Green Salad Cucumber Edamame WG Roll Fresh Fruit	Fish Sandwich Oven Potatoes Veggie Sticks Baked Beans Fruit Slush	Roast Pork w/ Gravy Rice Steamed Broccoli Baby Carrots Juice
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
French Toast Sticks Apple Chips Pineapple	Cereal WW Toast Pears Fresh Fruit	Pizza Bagel Mixed Fruits Juice		
Chicken Tenders Rice Edamame Baby Carrots Veggie Sticks Applesauce	Hamburger Patty w/ Gravy Steamed Rice Broccoli & Corn Fresh Fruits	Chicken Patty Sandwich Oven Potatoes Green Salad Tomato/ Edamame Fresh Fruit	HOLIDAY THANKSGIVING DAY	NO SCHOOL
11/28/2022	11/29/2022	11/30/2022		
Breakfast Kit Fresh Fruit	Cinnamon Roll Pears Fresh Fruit	Portugese Sausage Rice Fresh Fruit Pineapple		
Hamburger Curry Rice Broccoli & Corn WG Roll Slushie	Mac & Cheese Baby Carrots Edamame Fresh Fruits	Tuna Sandwich Chicken Noodle Soup Cherry Tomatoes Veggie Sticks Fresh Fruits		

Menu subject to change without further notice. All meals include a ½ pint of milk.  
"This Institution is an equal opportunity provider."