## Ma'ema'e Elementary School Menu

## **NOVEMBER 2022**

Menus are available online at 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	Portugese Sausage	Country Breakfast	Breakfast Pizza
	Pears	Rice	Scramble Rice	Fresh Fruit
	Fresh Fruit	Fresh Fruit	Juice	Apple Chips
	1 Testi i Tuit	Pineapple		Apple Onips
		Filleapple	Applesauce	
	Mac & Cheese	Tuna Sandwich	Pepperoni Pizza	Baked Chicken
	Baby Carrots	Chicken Noodle Soup	Veggie Sticks	Rice
	,			
	Edamame	Cherry Tomatoes	Steamed Corn	Broccoli
	Fresh Fruits	Veggie Sticks	Fresh Fruit	Baked Beans
		Fresh Fruits		Apple Chips
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
Fruited Muffin	11/8/2022	Bagel	Country Gravy Pizza	11/11/2022
Juice		w/ Cream Cheese		
			Pineapple	
Peaches		Fresh Fruit	Craisins	
		Pears		
Cheese Bites		Creole Mac	Breaded Chicken Tenders	
w/ Sauce		Green Salad	Rice	
Veggie Sticks		Edamame	Edamame & Corn	
	NO SCHOOL			HOLIDAY
Slushie	ELECTION DAY	WG Roll	Peaches	VETERANS DAY
		Applesauce		
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
Cheese Sticks	Belgian Waffle	Yogurt w/ Granola	Portugese Sausage	Cinnamon Roll
w/ Sauce	Fresh Fruit	Pears	Rice	Apple Chips
Peaches	Mixed Fruit	Fresh Fruit	Applesauce	Fresh Fruits
			Craisins	
Cheese Pizza	Turkey Ham Sandwich	Spaghetti w/ Meat Sauce	Fish Sandwich	Roast Pork w/ Gravy
Green Salad	Tater Tots	Green Salad	Oven Potatoes	Rice
		Cucumbor		Stoomed Broccoli
Baby Carrots	Coleslaw	Cucumber	Veggie Sticks	Steamed Broccoli
Fresh Fruits	Apple Chips	Edamame	Baked Beans	Baby Carrots
•		Edamame WG Roll		
•		Edamame	Baked Beans	Baby Carrots
•		Edamame WG Roll	Baked Beans	Baby Carrots
Fresh Fruits	Apple Chips	Edamame WG Roll Fresh Fruit	Baked Beans Fruit Slush	Baby Carrots Juice
Fresh Fruits 11/21/2022	Apple Chips 11/22/2022	Edamame WG Roll Fresh Fruit 11/23/2022	Baked Beans Fruit Slush	Baby Carrots Juice
Fresh Fruits  11/21/2022  French Toast Sticks Apple Chips	Apple Chips  11/22/2022  Cereal	Edamame WG Roll Fresh Fruit 11/23/2022 Pizza Bagel	Baked Beans Fruit Slush	Baby Carrots Juice
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