


JM Nov School Menu 2018

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Week 2	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 01, 2018	Friday, November 02, 2018
Monarch Line	Salisbury Steak	Fish Tacos	Pasta with Meat Sauce or Marinara/ Cheese Stick	Chicken Philly Sub	Freshly Baked Pizza Stromboli w/ marinara
Pride Line	Chicken and Noodles	Baked Potato Bar- Top it Your Way ! Taco, Meat, Cheddar cheese, Diced Ham, veggies and more!	General Tso or Teriyaki Chicken	Pulled BBQ Chicken on Bun	Freshly Baked Pizza Stromboli w/ marinara
Hot Sandwich	Mini Corn Dogs	Hamburger, Cheeseburger or Veggie Burger on Pretzel Bun	Grilled Cheese Sandwich	BBQ Pork Patty on Bun	Breaded Chicken Filet- Regular or Hot and Spicy
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant
Salad Entrée	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105
	Mashed Potatoes w/Gravy	Crispy Curly Fries	Romaine Tossed Salad	Roasted Red Potatoes	Baby Carrots with Dip
	Broccoli with Parmesan Cheese	Mexican Corn	Peas Garlic Roasted Cauliflower	Baked Beans	Green Beans
	Hot Roll	Sugar Snap Peas	Hot Roll	Hot Roll	California Blend Veggies
	Sliced Pears	Rice Crispy Treat	Vegetable Fried Rice	Garlic Roasted Brussel Sprouts	Fresh Fruit
	Steamed Carrots	Salad Bar	Mandarin Orange Slices	Salad Bar	Salad Bar- Cottage Cheese
	Salad Bar		Salad Bar- Apple Crisp		
Week3	Monday, November 05, 2018	Tuesday, November 06, 2018	Wednesday, November 07, 2018	Thursday, November 08, 2018	Friday, November 09, 2018
Monarch Line	Sloppy Joes on Bun		Chicken Cordon Blue on Bun	Taco's in a Bag Or Taco Salad	Cheese Quesadilla
Pride Line	Potato Crusted Baked Fish		Meatball Hoagie	Taco's in a Bag Or Taco Salad	Chicken Philly Sub
Hot Sandwich	Grilled Cheese Sandwich		Egg Rolls	Burritos	Mini Corn Dogs
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni		School Made Pizza	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich	Buffalo Chicken Roll -up		Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up
Salad Entrée	Chicken Pasta Salad V120		Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120
	Mandarin Orange Spinach Salad			Caesar Salad	Pasta Salad
	Crispy Curly Fries		Roasted Brussel Sprouts	Seasoned Pinto Beans	Steamed Corn
	Green Beans, Honey Carrot Coins		Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	Baby Lima Beans
	Frozen Fruit Slushie		Baked Beans	Stir Fry Veggies	Salad Bar
	Hot Roll		Wow Butter Cookie	Salad Bar	
	Salad Bar		Salad Bar		

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Week 4	Monday, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018	Friday, November 16, 2018
Monarch Line		Cheese Quesadilla	Fish Sticks/Mac and Cheese	Roasted Turkey	General Tso or Teriyaki Chicken
Pride Line		Steak Hoagie on Bun w/grilled peppers and onions	Chicken Alfredo with A Twist	Roasted Turkey	Pasta with Meat Sauce or Marinara/Cheese stick
Hot Sandwich		Breaded Chicken Filet- Regular or Hot and Spicy	Ruben	Hamburger, Cheeseburger or Veggie Burger on Bun	BBQ Pork Patty on Bun
Pizza Line		French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich		Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie
Salad Entrée		Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115
			Romaine Tossed Salad	Mashed Potatoes w/Gravy	Vegetable Fried Rice
		Hash brown Rounds	Sweet Green Peas	Stuffing Noodles	Steamed Carrots, Sugar Snap Peas
		Green Beans	Garlic Roasted Cauliflower	Green Beans Corn	Hot Roll
		Mixed Cooked Veggies	Hot Roll	Hot Roll	Red Pepper Strips With Dip
		Salad Bar	Salad Bar	Pumpkin Dessert	Salad Bar
				Salad Bar	

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Week 5	Monday, November 19, 2018	Tuesday, November 20, 2018	Wednesday, November 21, 2018	Thursday, November 22, 2018	Friday, November 23, 2018
Monarch Line	Chicken Cordon Blue on Bun	Chicken Strips or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls w/marinara Sauce		
Pride Line	Meatball Hoagie w/wo Cheese	Chicken Strips Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls w/marinara Sauce		
Hot Sandwich	Turkey and Cheese on Croissant	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls		
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni		
Cold Sandwich	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick		
Salad Entrée	Chef Salad V125	Chef Salad V125	Chef Salad V125		
	Garbanzo Bean Salad	Crispy Curly Fries	Cottage Cheese		
	Potato Smiles	Seasoned Brussel Sprouts	Garlic Steamed Broccoli		
	Baked Beans	Steamed Carrots	Kidney Beans		
	Sugar Snap Peas	Baby Carrots with Dip	Salad Bar		
	Strawberry Fruit Cup	Salad Bar			
	Salad Bar				
Week 1	Monday, November 26, 2018	Tuesday, November 27, 2018	Wednesday, November 28, 2018	Thursday, November 29, 2018	Friday, November 30, 2018
Monarch Line	Brunch For Lunch	Chicken Alfredo with A Twist	Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Hot Dog on Bun
Pride Line	Steak Hoagie W/Grilled Onions and Peppers	Shredded Pork on Bun	Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Chicken Taco Wrap
Hot Sandwich	Grilled Chicken Filet- Regular or Hot and Spicy	Turkey and Cheese On Croissant	Hamburger, Cheeseburger or Veggie Burger on Bun	BBQ Pork On Bun	Grilled Cheese Sandwich
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun
Salad Entrée	Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102
	Sausage and Egg on Pretzel Bun	Caesar Salad	Peas	Mashed Potatoes w/Gravy	Creamy Coleslaw
	Hash brown Rounds	Steamed Corn	Pasta Salad	Steamed Carrots	Crispy French Fries
	Tomato Slices, Warm Apple Slices w/cinnamon	Sugar Snap Peas	Peach Cup	Hot Roll	Baked Beans
	Steamed Broccoli	Fresh Fruit	Red Pepper Strips W/Dip	Fresh Fruit	Sautéed Veggies
	Mixed Cooked Veggies	Hot Roll	Stir Fry Veggies	California Blend	Chocolate Chip Cookie
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

Students may choose 1 entrée from six different entrée serving lines.
 Each line will offer protein, grains, fruits, and vegetables.
 Full salad bar available with each entrée!

A variety of milk will be offered daily. May select only one milk.
 A 100% 4 oz. fruit juice will be offered daily. Students may select only one juice.
 Juice may count toward the 1/2 c fruit or vegetable component.

The salad bar will contain fresh leafy greens, dark red and orange veggies, as well as a variety of other nutrient rich fresh vegetables. Cooked vegetables will also be offered on the salad bar.

Must Choose at least 3 of 5 different food groups- Including
 at least a 1/2 c fruit or vegetable

Vegetables
 Fruits

Milk

Proteins
 Grains

Menu subject to change.

"This institution is an equal opportunity provider"

The bar will also contain a variety of fresh and canned fruit. Specialty items and salads such as cottage cheese, broccoli and cauliflower salad, pasta salad, and black bean and corn salsa will also be rotated on the salad bar.

***It is our intent that students may take one serving (1/2 C) of each fruit/vegetable item available on the bar. Additional servings may be taken if they are consumed on the premise. Condiments and salad dressings should be taken in moderation. *** Thanks