






JM FebSchool Menu 2018

visit us on the web at www.mcsbefit.com

Week 1	Monday, February 04, 2019	Tuesday, February 05, 2019	Wednesday, February 06, 2019	Thursday, February 07, 2019	Friday, February 08, 2019
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
Week 2	Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 2019
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	Breaded Onion Rings	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	Honey Apple Crisp	Vegetable Fried Rice	Garlic Roasted Brussel Sprouts	Fresh Fruit
	Steamed Carrots	Salad Bar	Mandarin Orange Slices	Salad Bar -Valentines Day Slushie Cup	Salad Bar- Cottage Cheese
	Salad Bar		Salad Bar		

JM FebSchool Menu 2018

visit us on the web at www.mcsbefit.com

Week3	Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019
Monarch Line		MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy, Cheese	Chicken Cordon Blue on Bun	Taco's in a Bag Or Taco Salad	Cheese Quesadilla
Pride Line		MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy, Cheese	Meatball Hoagie	Taco's in a Bag Or Taco Salad	Chicken Philly Sub
Hot Sandwich		Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Burritos	Mini Corn Dogs
Pizza Line		French Bread - Cheese or Pepperoni	School Made Pizza	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich		Chicken Salad on Croissant	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
		Sweet Green Peas, Sauteed Veggies	Caesar Salad	Pasta Salad	Smile Fries
		Baby Carrots with Dip	Roasted Brussel Sprouts	Seasoned Pinto Beans	Steamed Corn
		Hot Roll	Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	Baby Lima Beans
		Salad Bar	Baked Beans	Stir Fry Veggies	Salad Bar
			Wow Butter Cookie	Salad Bar	
			Salad Bar		
Week 4	Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 01, 2019
Monarch Line	Chicken Drumstick (1013)	Cheese Quesadilla	Fish Sticks/Mac and Cheese	Hot Dog on Bun	General Tso or Teriyaki Chicken
Pride Line	Open Face Turkey w/gravy over biscuit	Steak Hoagie on Bun w/grilled peppers and onions	Chicken Alfredo with A Twist	Chicken and Cheese Wraps	Pasta with Meat Sauce or Marinara/Cheese stick
Hot Sandwich	Hot Ham and Cheese on Pretzel Bun	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 Pizza	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	Deli Boardwalk Hoagie
Salad Entrée	Santa Fe Fajita Salad V114	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115
	Mashed Potatoes w/gravy		Romaine Tossed Salad	Broccoli and Cauliflower Salad	Vegetable Fried Rice
	Broccoli with Parmesan Cheese	Hash brown Rounds	Sweet Green Peas	Crispy French Fries	Steamed Carrots, Sugar Snap Peas
	Corn	Green Beans	Garlic Roasted Cauliflower	Baked Beans	Hot Roll Offer 2
	Hot Roll	Mixed Cooked Veggies	Hot Roll	Sautéed Veggies	Red Pepper Strips With Dip
	Applesauce	Salad Bar	Salad Bar	Peach Cup Double Chocolate Chip Cookie	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