

Week 5	Monday, March 04, 2019	Tuesday, March 05, 2019	Wednesday, March 06, 2019	Thursday, March 07, 2019	Friday, March 08, 2019
Monarch Line	Chicken Cordon Blue on Bun	Chicken Strips Regular or Hot and Spicy Strips	Freshly Baked Pepperoni Rolls w/marinara Sauce	BBQ Beef on Bun	Pasta with Meat Sauce or Marinara/Cheese stick (2)
Pride Line	Meatball Hoagie w/wo Cheese	Chicken Strips Regular or Hot and Spicy Strips	Freshly Baked Pepperoni Rolls w/marinara Sauce	Chicken Philly Sub	Southwest Chicken
Hot Sandwich	Turkey and Cheese on Croissant	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Grilled Chicken Filet- Regular or Hot and Spicy	Hot Ham and Cheese on Pretzel Bun
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Round Deep Dish 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	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	Chef Salad V125	Chef Salad V125
	Garbanzo Bean Salad	Crispy French Fries	Cottage Cheese	Roasted Red Potatoes	Caesar Salad
	Potato Smiles	Seasoned Brussel Sprouts	Garlic Steamed Broccoli	Steamed Corn	Green Beans
	Baked Beans	Steamed Carrots	Kidney Beans	Peas	Roasted Garlic Cauliflower
	Sugar Snap Peas	Baby Carrots with Dip	Rice Crispy Treat	Tropical Fruit Cocktail	Hot Roll
	Strawberry Fruit Cup	Salad Bar	Salad Bar	Royal Brownie	Salad Bar
	Salad Bar			Salad Bar	
Week 1	Monday, March 11, 2019	Tuesday, March 12, 2019	Wednesday, March 13, 2019	Thursday, March 14, 2019	Friday, March 15, 2019
Monarch Line	Brunch For Lunch	Chicken Alfredo with A Twist	Taco's in a Bag Or Taco Salad	Roasted Turkey	No School
Pride Line	Steak Hoagie W/Grilled Onions and Peppers	Shredded Pork on Bun	Taco's in a Bag Or Taco Salad	Roasted Turkey	
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	
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	
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	
Salad Entrée	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	
	Hash brown Rounds	Steamed Corn	Pasta Salad	Steamed Carrots	
	Tomato Slices, Warm Apple Slices w/cinnamon	Sugar Snap Peas	Peach Cup	Hot Roll	
	Steamed Broccoli	Fresh Fruit	Red Pepper Strips W/Dip	Fresh Fruit	
	Mixed Cooked Veggies	Hot Roll	Stir Fry Veggies	California Blend	
	Salad Bar	Salad Bar	Salad Bar	Salad Bar	

Week 2	Monday, March 18, 2019	Tuesday, March 19, 2019	Wednesday, March 20, 2019	Thursday, March 21, 2019	Friday, March 22, 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	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	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	Tomato Soup
	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	Celery Sticks w/Wow Butter
	Steamed Carrots	Salad Bar	Mandarin Orange Slices	Salad Bar -Valentines Day Slushie Cup	Cheese it Crackers
	Salad Bar		Salad Bar		Salad Bar- Cottage Cheese

Week3	Monday, March 25, 2019	Tuesday, March 26, 2019	Wednesday, March 27, 2019	Thursday, March 28, 2019	Friday, March 29, 2019
Monarch Line	Mini Corn Dogs	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	Potato Crusted Baked Fish	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	Grilled Cheese Sandwich	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Burritos	Mini Corn Dogs
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	School Made Pizza	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich	Buffalo Chicken Roll -up	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	Chicken Pasta Salad V120
	Mandarin Orange Spinach Salad	Sweet Green Peas, Sautéed Veggies	Caesar Salad	Pasta Salad	Smile Fries
	Crispy Curly Fries	Baby Carrots with Dip	Roasted Brussel Sprouts	Seasoned Pinto Beans	Steamed Corn
	Green Beans, Honey Carrot Coins	Hot Roll	Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	Baby Lima Beans
	Frozen Fruit Slushie	Salad Bar	Baked Beans	Stir Fry Veggies	Salad Bar
	Hot Roll		Wow Butter 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

Menu Subject to Change

www.mcsbenefit.com