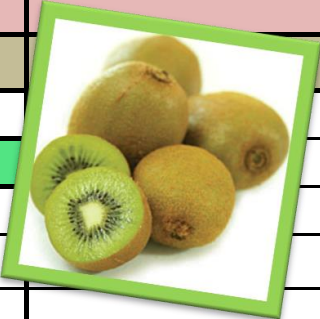


**JM August School Menu 2019**

Week 1	Monday, August 12, 2019	Tuesday, August 13, 2019	Wednesday, August 14, 2019	Thursday, August 15, 2019	Friday, August 16, 2019
Monarch Line	<p><b>Kiwi fruit</b> A kiwi fruit is hairy on the outside and soft in the middle. It is one of the only fruits to be green when it is ripe. You can scoop out the juicy green flesh with a spoon just like a boiled egg! One kiwi fruit contains all the vitamin C you need for a whole day. Vitamin C helps your body to heal cuts and bruises and to fight colds.</p> 			Chicken Nuggets- Regular or Hot and Spicy	Pretzel Dog
Pride Line				Chicken Nuggets- Regular or Hot and Spicy	Chicken Taco Wrap
Hot Sandwich				BBQ Pork On Bun	Grilled Cheese Sandwich
Pizza Line				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
Salad Entrée			Chicken Caesar Salad V102	Chicken Caesar Salad V102	
			Mashed Potatoes w/Gravy	Creamy Coleslaw	
	Be sure to try some fresh Kiwi on August 27th!			Steamed Carrots	Crispy French Fries
			Hot Roll	Baked Beans	
			California Blend	Sautéed Veggies	
			Salad Bar	Chocolate Chip Cookie	
				Salad Bar	
Week 2	Monday, August 19, 2019	Tuesday, August 20, 2019	Wednesday, August 21, 2019	Thursday, August 22, 2019	Friday, August 23, 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, veggies and more!	General Tso or Teriyaki Chicken/Vegetable Fried Rice	Southwest Baked Chicken	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	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200
	Mashed Potatoes w/Gravy	Breaded Onion Rings	Romaine Tossed Salad	Roasted Red Potatoes	Green Beans
	Broccoli with Parmesan Cheese	Steamed Corn	Peas Garlic Roasted Cauliflower	Baked Beans	California Blend Veggies
	Hot Roll	Sugar Snap Peas	Hot Roll	Hot Roll	Baby Carrots-with Dip
	Sliced Pears	Honey Apple Crisp	Mandarin Orange Slices	Garlic Roasted Brussel Sprouts	Frozen Sidekick
	Steamed Carrots	Salad Bar	Salad Bar	Salad Bar	Salad Bar - Cottage Cheese
	Salad Bar				

Week3	Monday, August 26, 2019	Tuesday, August 27, 2019	Wednesday, August 28, 2019	Thursday, August 29, 2019	Friday, August 30, 2019
Monarch Line	Sloppy Joes on Bun	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	BBQ Pork Patty on Bun	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Breaded Chicken Filet- Regular or Hot and Spicy	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	Tater Tots
	Smile Fries	Baby Carrots with Dip	Roasted Brussel Sprouts	Seasoned Pinto Beans	Steamed Corn
	Honey Carrot Coins	Hot Roll	Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	Baby Lima Beans
	Baked Beans - Hot Roll	Fresh Kiwi	Green Beans	Stir Fry Veggies	Pineapple Tidbits
	Mixed Fruit Cocktail	Salad Bar	Wow Butter Cookie	Salad Bar	Celery with Wow Butter
	Salad Bar		Salad Bar		Salad Bar
<b>Week 4</b>	<b>Monday, September 02, 2019</b>	<b>Tuesday, September 03, 2019</b>	<b>Wednesday, September 04, 2019</b>	<b>Thursday, September 05, 2019</b>	<b>Friday, September 06, 2019</b>
Monarch Line		Cheese Quesadilla	Fish Sticks	Hot Dog on Bun	General Tso or Teriyaki Chicken/Vegetable Fried Rice
Pride Line		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		Burrito	Ruben	Hamburger, Cheeseburger or Veggie Burger on Bun	Grilled Cheese Sandwich
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	Broccoli and Cauliflower Salad	Stir Fried Veggies
		Nachos with Queso Sauce	Sweet Green Peas	Waffle Cut Sweet Potato Fries	Steamed Carrots
		Green Beans	Garlic Roasted Cauliflower	Baked Beans	Hot Roll
		Mixed Cooked Veggies	Hot Roll	Sautéed Veggies	Salad Bar
		Salad Bar	Salad Bar	Strawberry Fruit Cup Double Chocolate Chip Cookie	
				Salad Bar	

Week 5	Monday, September 09, 2019	Tuesday, September 10, 2019	Wednesday, September 11, 2019	Thursday, September 12, 2019	Friday, September 13, 2019
<b>Monarch Line</b>	Chicken Cordon Blue on Bun	Chicken Strips Regular or Hot and Spicy Strips	Freshly Baked Pepperoni Rolls w/marinara Sauce	BBQ Beef on Bun	Lasagna with Meat Sauce
<b>Pride Line</b>	Meatball Hoagie w/wo Cheese	Chicken Strips Regular or Hot and Spicy Strips	Freshly Baked Pepperoni Rolls w/marinara Sauce	WV Chicken Cheese Steak on Pretzel Bun	Rosemary Chicken
<b>Hot Sandwich</b>	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
<b>Pizza Line</b>	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
<b>Cold Sandwich</b>	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
<b>Salad Entrée</b>	Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125
	Garbanzo Bean Salad	Crinkle Cut Fries	Cottage Cheese	Buttered Parsley 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	Sliced Chilled Pears	Hot Roll
	Frozen Fruit Slushie	Salad Bar	Salad Bar	Royal Brownie	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**

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.

"This institution is an equal opportunity provider"

Menu Subject to Change

[www.mcsbefit.com](http://www.mcsbefit.com)

\*\*\*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