



Week 3

Monday, August 26, 2019	Tuesday, August 27, 2019	Wednesday, August 28, 2019	Thursday, August 29, 2019	Friday, August 30, 2019
BBQ-Pork Patty on Bun	MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes, Popcorn Chicken, Corn, Gravy, Cheese	Egg Rolls (Serve 2)	Taco's in a Bag Or Taco Salad	Mini Corn Dogs
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
Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120
Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up
Smile Fries	Peas	Caesar Salad	lettuce, tomato, salsa and cheese)	Tater Tots
Honey Carrot Coins	Hot Roll	Roasted Brussel Sprouts	Pinto Beans	Celery Sticks w/wow Butter
Hot Roll	Fresh Kiwi	Green Beans	Stir Fry Veggies	Pineapple Tidbits
Mixed Fruit Cocktail	Salad Bar	Wow Butter Cookie	Pasta Salad	Salad Bar
Salad Bar		Strawberry Fruit Cup	Salad Bar	
		Salad Bar		

Week 4

Monday, September 02, 2019	Tuesday, September 03, 2019	Wednesday, September 04, 2019	Thursday, September 05, 2019	Friday, September 06, 2019
	Cheese Quesadilla Or Burrito	Steak Hoagie on Bun With Grilled Onions and Peppers	Hamburger or Cheeseburger on Bun	General Tso or Teriyaki Chicken
	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115
	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie
	Nachos with Queso Sauce	Romaine Tossed Salad	Waffle Cut Sweet Potato Fries	Vegetable Fried Rice
	Green Beans	Sweet Green Peas	Baked Beans	Steamed Carrots
	Mixed Cooked Veggies	Garlic Roasted Cauliflower	Broccoli and Cauliflower Salad	Stir Fry Veggies
	Salad Bar	Hot Roll	Strawberry Fruit Cup	Hot Roll
		Salad Bar	Double Chocolate Chip Cookie	Salad Bar
			Salad Bar	

Week 5

Monday, September 09, 2019	Tuesday, September 10, 2019	Wednesday, September 11, 2019	Thursday, September 12, 2019	Friday, September 13, 2019
Meatball Hoagie w/wo Cheese	Chicken Nuggets Regular or Hot and Spicy	Freshly Baked Pepperoni Rolls/ marinara sauce	Breaded Chicken Filet- Regular or Hot and Spicy	School Made Lasagna w/Meat Sauce
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
Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125
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
Potato Smiles	Crinkle Cut Fries	Garlic Steamed Broccoli	Buttered Parsley Potatoes	Caesar Salad
Baked Beans	Seasoned Brussel Sprouts	Peas	Steamed Corn	Green Beans
Sugar Snap Peas	Baby Carrots w/dip	Cottage Cheese	Sliced Chilled Pears	Roasted Garlic Cauliflower
Garbanzo Bean Salad	Salad Bar	Rice Crispy Treat	Freshly Baked Brownie	Hot Roll
Frozen Fruit Sidekick		Salad Bar	Salad Bar	Salad Bar
Salad Bar				

Students may choose 1 entrée from four different entrée serving lines.
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 vegetables, 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.

So Take Your Pick and Build a Healthy Lunch

For Best Nutrition Choose all 5!
Menu Subject to Change

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. ***
Thank You.