



**National Nutrition Month**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball Hoagie Or Wow Butter and Jelly Sandwich Smile Potatoes Baked Beans Frozen Fruit Sidekick Garbanzo Bean Salad	3 <b>Breakfast Week Five - National School Breakfast Week</b> Crispy Chicken Nuggets Or Hot and Spicy Crinkle Cut French Fries Baby Carrots with Dip Fresh Fruit	4 Freshly Baked Pepperoni Rolls w/marinara sauce Garlic Steamed Broccoli Cottage Cheese Fresh Fruit Rice Crispy Treat	5 Breaded Chicken Patty on Bun Buttered Parsley Potatoes Steamed Corn Chilled Pears Freshly Baked Brownie	6 Pasta with Marinara Sauce/ Cheese Stick Caesar Salad Green Beans Breadstick Fresh Fruit 
9 Brunch For Lunch Sausage and Egg on Pretzel Bun Tater Tots, Tomato Slices Warm Apple Slices w/Cinnamon	10 <b>Breakfast Week One</b> Chicken Alfredo With A Twist Caesar Salad Steamed Corn Garlic Breadstick Fresh Fruit	11 Stuffed Crust Cheese or Pepperoni Pizza Peas Red Pepper Strips w/dip Chilled Peach Cup	12 Crispy Chicken Nuggets Or Hot and Spicy Mashed Potatoes w/Gravy Steamed Carrots Hot Roll Fresh Fruit	13 Fish Sandwich on Bun Crispy French Fries Baked Beans Fresh Fruit Coleslaw Chocolate Chip Cookie
16 Salisbury Steak Mashed Potatoes w/gravy Broccoli w/Parmesan Cheese Whole Wheat Bread Mixed Fruit Cup	17 <b>Breakfast Week Two</b> Southwest Chicken and Cheese Quesadilla Breaded Onion Rings Steamed Corn Fresh Fruit 	18 French Bread Garlic Pizza w/marinara Romaine Tossed Salad Sweet Green Peas Applesauce	19 Popcorn Chicken Roasted Red Potatoes Baked Beans Hot Roll Fresh Fruit	20 Fish Nugget Shapes Macaroni and Cheese Green Beans Frozen Fruit Sidekick-Cherry Fresh Fruit
23 Popcorn Chicken Bowl - Popcorn Chicken Mashed Potatoes, Gravy, Corn Mixed Fruit Cup Hot Roll 	24 <b>Breakfast Week Three</b> Deli Sliced Turkey and Cheese on Bun Tater Tots Celery with WOW butter Fresh Fruit Chocolate Pudding	25 School Made Pizza Cheese Or Pepperoni Caesar Salad Green Beans Strawberry Fruit Cup WOW Butter Cookie	26 Taco's in a Bag Or Taco Salad (Baked Whole Wheat Doritos, w/seasoned ground beef lettuce, tomato, salsa and cheese) Pinto Beans Pasta Salad Fresh Fruit	27 Grilled Cheese Tomato Soup Peas Sliced Chilled Pears Goldfish Crackers
30 Oven Roasted Chicken Mashed Potatoes w/gravy Corn Hot Roll Applesauce	31 <b>Breakfast Week Four</b> Asian Chicken Strips Served over Fried Rice Stir Fry Veggies Red Pepper Strips w/Dip Hot Roll Fresh Fruit	1 Individual Round Cheese or Pepperoni Pizza Romaine Tossed Salad Garlic Roasted Cauliflower Fresh Fruit	2 Cheeseburger or Hamburger on Bun Crinkle Cut French Fries Baked Beans Strawberry Fruit Cup Broccoli and Cauliflower Salad Double Chocolate Chip Cookie	3 Cheese Quesadilla Or Burrito Nachos with Queso Sauce Veggie Sticks w/Dip Green Beans Fresh Fruit

Fresh Garden Bar Offered Daily\*\*\*Includes a variety of fresh leafy green and dark red and orange vegetables, fresh and canned fruit options also available. Cottage cheese, pasta, macaroni, broccoli and specialty salads rotated on the bar.

Variety of milk offered everyday!

Menu Subject to change [www.mcsbefit.com](http://www.mcsbefit.com)