

**MCFI**

**K-8 Hot Lunch Menu**



**February  
2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>MILK FOR SCHOOL:</u></b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>		1 Homemade Meatloaf Whole Wheat Dinner Roll w/ Margarine Mashed Potatoes Seasonal Lunch Fruit Choice of Milk	2 <b>WG Corn Dog w/ Ketchup</b> Steamed Carrots Seasonal Lunch Fruit Choice of Milk	3 Cheeseburger on WG Bun Ketchup Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk
6 Orange Chicken Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	7 Beef and Cheese Burrito Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk	8 Mashed Potato Bowl w/ Corn, Chicken & Gravy Whole Grain Biscuit Seasonal Lunch Fruit Choice of Milk	9 <b>Asian-Glazed Chicken Bites w/ Romaine Salad &amp; Ranch Dressing</b> Cheez-It Crackers Seasonal Lunch Fruit Choice of Milk	10 <b>NO SCHOOL TEACHER IN-SERVICE</b>
13 <b>NEW!</b> WG Cheese Ravioli w/ Mozzarella Cheese Whole Grain Breadstick Romaine Salad w/French Dressing Seasonal Lunch Fruit Choice of Milk	14 Sloppy Joe on WG Bun Baked Beans Seasonal Lunch Fruit Choice of Milk	15 Local Roasted Turkey w/ Gravy Whole Grain Biscuit Roasted Root Vegetables Seasonal Lunch Fruit Choice of Milk	16 <b>WG Chicken Nuggets w/ BBQ &amp; Assorted Graham Cracker</b> Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	17 Nitrate/Nitrite Free Turkey Hot Dog on Whole Grain Bun <b>NEW!</b> Local Roasted Potatoes Ketchup (2) Seasonal Lunch Fruit Choice of Milk
20 Mac and Cheese WG Breadstick Steamed Peas Seasonal Lunch Fruit Choice of Milk	21 Beef Nachos w/ Cheese, Shredded Lettuce, Tortilla Chips Fiesta Beans Taco Sauce Seasonal Lunch Fruit Choice of Milk	22 Teriyaki Chicken Brown Rice Cheddar Goldfish Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	23 <b>Breaded Chicken Patty Sandwich on WG Bun w/BBQ</b> Steamed Broccoli Seasonal Lunch Fruit Choice of Milk	24 Build Your Own Flatbread Turkey Breast, Cheese, Lettuce on WG Flatbread w/ Mayo Baby Carrots with Ranch Seasonal Lunch Fruit Rice Krispies Treat Choice Of Milk
27 Brunch for Lunch Chicken Sausage, Egg & Cheese Breakfast Sandwich on WG Biscuit Sunset Sip Juice Seasonal Lunch Fruit Choice of Milk	28 Homemade Cheese Lasagna WG Breadstick Romaine Salad w/Ranch Dressing Seasonal Lunch Fruit Choice of Milk			

Lunch is offered in the cafeteria on each day that WOL is in operation as noted above. All enrolled students are eligible to receive free lunch at no charge due to WOL's participation in the Community Eligibility Provision Program.

This institution is an equal opportunity provider.