



MCFI
K-8 Hot Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Chicken Whole Grain Brown Rice Crunchy Broccoli w/Ranch Seasonal Lunch Fruit Choice of Milk	2 Chicken Tacos on WG Tortillas w/Shredded Lettuce, Cheese & Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk	3 Homemade Chili w/Cheese Whole Grain Noodles WG Cheez-It Crackers Seasonal Lunch Fruit Choice of Milk	4 Breaded Chicken Sandwich on a WG Bun w/ Mayo Steamed Peas Seasonal Lunch Fruit Choice of Milk	5 Brunch for Lunch WG Pancakes (3) w/ Syrup Chicken Breakfast Sausage Sunset Sip Seasonal Lunch Fruit Choice of Milk
8 Cheeseburger on a WG Bun Ketchup Baked Beans Seasonal Lunch Fruit Choice of Milk	9 Nitrate/Nitrite Free Turkey Hot Dog on a WG Bun Ketchup Roasted Sweet Potatoes Seasonal Lunch Fruit Choice of Milk	10 Mashed Potato Bowl w/Corn, Chicken & Gravy Whole Grain Biscuit Seasonal Lunch Fruit Choice of Milk	11 WG Chicken Nuggets w/BBQ & Assorted Graham Cracker Steamed Broccoli Seasonal Lunch Fruit Choice of Milk	12 Build Your Own Sub Turkey Breast, Cheese, Lettuce on WG Roll w/ Mayo Baby Carrots w/ Ranch Seasonal Lunch Fruit Whole Grain Cookie Choice of Milk
15 Chicken Fajita on a WG Tortilla w/ Taco Sauce Refried Beans Seasonal Lunch Fruit Choice of Milk	16 Homemade Cheese Lasagna Whole Grain Breadstick Romaine Salad w/French Dressing Seasonal Lunch Fruit Choice of Milk	17 BBQ Chicken Sandwich on a Whole Grain Bun Steamed Corn Seasonal Lunch Fruit Choice of Milk	18 Asian Glazed Chicken Bites Baby Carrots w/ Ranch Seasonal Lunch Fruit Choice of Milk	19 Cheeseburger on WG Bun Ketchup Baby Carrots w/Ranch Fresh Apple Choice of Milk
22 WG Mac & Cheese Whole Grain Breadstick Steamed Peas Seasonal Lunch Fruit Choice of Milk	23 Local Roasted Turkey w/Gravy WG Dinner Roll w/ Margarine Roasted Sweet Potatoes Seasonal Lunch Fruit Choice of Milk	24 Italian Meat Sauce Whole Grain Pasta Whole Grain Breadstick Romaine Salad w/Ranch Dressing Seasonal Lunch Fruit Choice of Milk	25 LAST HALF DAY FREE PICNIC LUNCH	26 NO SCHOOL SUMMER VACATION
29 NO SCHOOL MEMORIAL DAY MCFI CLOSED	30 NO SCHOOL SUMMER VACATION	31 NO SCHOOL SUMMER VACATION	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE	

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.