







May 2021

MCFI Summer Food Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Cheese Ravioli with Shredded Cheese WG Breadstick Baby Carrots with Ranch Seasonal Fruit Milk	4 Chicken Philly Sandwich with Shredded Cheese on WG Bun Steamed Corn Seasonal Fruit Milk	5 HAPPY CINCO DE MAYO! WG Beef & Cheese Burrito Taco Sauce Packet Seasoned Beans Seasonal Fruit Milk WG Churro 	6 WG Chicken Nuggets with BBQ Sauce Steamed Green Beans Seasonal Fruit Milk	7 Chicken Alfredo over Non-WG Pasta Romaine Salad with Ranch Seasonal Fruit Milk
10 WG Cheese Pizza Sticks with Marinara Dipping Sauce Baby Carrots with Ranch Seasonal Fruit Milk	11 NATIONAL "EAT WHAT YOU WANT" DAY  Breaded Chicken Patty on WG Bun Mayo Packet Baked Beans Seasonal Fruit Milk	12 Teriyaki Chicken over WG Brown Rice Crunchy Broccoli with Ranch Seasonal Fruit Milk	13 Diced Chicken Parmesan on WG Bun with Mozzarella Cheese Steamed Mixed Vegetables Seasonal Fruit Milk	14 Sliced Turkey Roast with Gravy over Mashed Potatoes WG Biscuit Seasonal Fruit Milk
17 WG Chicken Nuggets with BBQ Sauce Steamed Carrots Seasonal Fruit Milk	18 Sloppy Joe on WG Bun with Shredded Cheese Steamed Green Beans Seasonal Fruit Milk	19 WG Chicken Corn Dog Ketchup Roasted Potatoes Seasonal Fruit Milk	20 Swedish Meatballs over Non-WG Pasta Crunchy Broccoli with Ranch Seasonal Fruit Milk	21 Chicken Fajita with Shredded Cheese on WG Tortilla Taco Sauce Seasoned Beans Seasonal Fruit Milk
24 WG Cheese Pizza Sticks with Marinara Dipping Sauce Baby Carrots with Ranch Seasonal Fruit Milk	25 Breaded Chicken Patty on WG Bun Mayo Packet Steamed Corn Seasonal Fruit Milk	26 Italian Meatsauce over Non-WG Pasta Steamed Mixed Vegetables Seasonal Fruit Milk	27 Chicken and Gravy over WG Brown Rice Crunchy Broccoli with Ranch Seasonal Fruit Milk	28 NATIONAL HAMBURGER DAY  Hamburger on WG Bun Ketchup Packet Baked Beans Seasonal Fruit Milk
31  NO SCHOOL / MCFI CLOSED	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.			

Fresh Tip: Eating locally can be hard to do in spring, but it isn't impossible! Arugula, spinach, asparagus, radishes, turnips, raspberries, rhubarb, and strawberries are some of the first foods harvested in May. Look for them at the grocery store or the farmer's market!

Source: UW Madison CIAS

MEALS SERVED WITH A MILK
MENU SUBJECT TO CHANGE