

Type School Name Here


MCFI

K-8 Hot Lunch



September

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			1 WG Cheese Ravioli (1/2 cup) with Shredded Mozzarella Cheese WG Breadstick Fresh Salad Greens with Dressing Fresh Pear Choice of Milk	2 BBQ Grilled Chicken Breast on WG Bun Steamed Mixed Vegetables Chilled Strawberries Choice of Milk
5 SCHOOL CLOSED MCFI CLOSED 	6 WG Queso Cheesy Pull Apart Salsa Cup Baby Carrots (1/4 cup) Fresh Local Apple Choice of Milk	7 Homemade Beef and Bean Chili (3/4 cup) with Noodles, and Shredded Cheddar Cheese (1/2 oz) WG Cornbread with Honey Seasonal Fruit Choice of Milk	8 Egg Patty and Chicken Sausage on WG Buttermilk Biscuit Grape Jelly Roasted Potatoes Seasonal Fruit Choice of Milk	9 Ground Beef Taco with Shredded Cheese WG Tortilla with Taco Sauce Fresh Carrot Coins Seasonal Fruit Choice of Milk
12 WG Cheese Quesadilla Taco Sauce Elote Corn Salad Seasonal Fruit Choice of Milk	13 Chicken Smackers with BBQ Sauce WG Buttermilk Biscuit Baby Carrots and Grape Tomatoes Seasonal Fruit Choice of Milk	14 Turkey Hot Dog on WG Bun Ketchup Packet Baked Beans Creamy Coleslaw Chilled Applesauce Choice of Milk	15 Cheeseburger on WG Bun Ketchup Packet Seasoned Mixed Vegetables Seasonal Fruit Choice of Milk	16 Domino's Cheese Pizza Fresh Salad Greens with Dressing Seasonal Fruit Choice of Milk
19 Roasted Chicken Leg WG Cornbread with Honey Mashed Potatoes Seasonal Fruit Choice of Milk	20 Carne Asada with Shredded Cheese on WG Tortilla Taco Sauce Ranchero Beans Seasonal Fruit Choice of Milk	21 Chicken Patty on a WG Bun Mayo Packet Steamed Carrots Seasonal Fruit Choice of Milk	22 Homemade Meatloaf WG Blueberry Muffin Buttered Noodles Fresh Broccoli Bites Seasonal Fruit Choice of Milk	23 WG Chicken Smackers BBQ Sauce WG Dinner Roll with Margarine Baby Carrots and Grape Tomatoes Seasonal Fruit Choice of Milk
26 Chicken Burrito Bowl Ranchero Chicken and Beans and Shredded Cheddar (1/2 oz) over Cilantro Lime Rice WG Tortilla Chips Baby Carrots (1/2 cup) Seasonal Fruit Choice of Milk	27 WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Fresh Salad Greens (1 cup) with Dressing Seasonal Fruit Choice of Milk	28 WG Chicken Nuggets with BBQ Sauce WG Waffle Roasted Sweet Potatoes Seasonal Fruit Choice of Milk	29 Italian Meatsauce over Pasta WG Dinner Roll with Margarine Broccoli Slaw Seasonal Fruit Choice of Milk	30 Build Your Own Deli Sandwich Natural Deli Turkey Ham, Cheese on WG Bun with Mayo Packet Fresh Cucumber Slices Seasonal Fruit Choice of Milk