

MCCPS January 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>New Years Day</u> <u>No School</u>	2 Grilled Cheese w/ Roasted Sweet Potatoes and a cup of Chicken Noodle Soup	3 Fish Sticks w/ Roasted Potatoes and Steamed Broccoli <i>Chicken Salad Wrap</i>	4 Home Made Charter Pan Pizza Served w/ Homemade Caesar Salad <i>Veggie Burger</i>
7 Turkey Melt w/ Roasted Potatoes Steamed Broccoli and a cup of Tomato Vegetable <i>Tuna in a Wheat Pita</i>	8 Taco Bar w/ Fresh Garden Salsa, Cheddar, Lettuce & More served w/ Black Beans and Rice <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	9 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Steamed Carrots and Fresh Made Foccacia <i>Veggie Melt on Foccacia</i>	10 BBQ Pulled Pork w/ Fresh Corn Bread, Homemade Baked Beans and Fresh Carrot Cole Slaw <i>Chicken Salad Wrap</i>	11 <u>1/2 day</u> Specials will be served in the café
14 Homemade Meatloaf w/ Garlic Mashed Potatoes and steamed Green Beans <i>Tuna in a Wheat Pita</i>	15 Pulled Chicken Soft Tacos w/ Corn Salsa, Cheddar, Lettuce & Sour Cream Served with Rice & Beans <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	16 Homemade Mac & Cheese w/ Steamed Broccoli and Fresh Garlic Bread <i>Veggie Melt on Foccacia</i>	17 Hamburger Deluxe w/ choice of Cheese, Lettuce or Tomato served w/ Roasted Potato Wedges <i>Chicken Salad Wrap</i>	18 Home Made Charter Pan Pizza Served w/ Homemade Caesar Salad <i>Veggie Burger</i>
21 <u>Martin Luther</u> <u>King Jr.</u> <u>No School</u>	22 Grilled Ham & Cheese with Roasted Sweet Potatoes and Homemade Corn Chowder <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	23 Chicken and Penne Pasta with Broccoli and Fresh Foccacia <i>Veggie Melt on Foccacia</i>	24 BBQ Pulled Pork w/ Fresh Corn Bread Homemade Baked Beans and Fresh Carrot Cole Slaw	25 <u>Breakfast for Lunch</u> Pancakes w/ Syrup, Turkey Sausage and Mixed Berries and Home Fries <i>Veggie Burger</i>
28 Potato Bar w/ Ham, Cheddar, Broccoli and Fresh Garden Salsa served w/ a cup of Chili <i>Tuna in a Wheat Pita</i>	29 Chicken with Vegetables served over Rice and Lentils <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	30 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Steamed Carrots and Fresh Made Foccacia <i>Veggie Melt on Foccacia</i>	31 Herb Grilled Chicken w/ Pineapple Salsa served w/ Confetti Rice Pilaf and Steamed Broccoli <i>Chicken Salad Wrap</i>	

Meal Prices

Meal Deal (\$4.00): Entrée, vegetable, salad bar, & milk/juice, or sandwich vegetables, salad bar & milk/juice

Salad Bar: (\$2.25 for a bowl \$3.25 for lg. plate) Lettuce, seasonal fresh vegetables and fruit, and a variety of homemade salads, grains and protein. (w/ milk or juice add \$.75)

Available every day: Homemade Veggie Burgers, PB&J sandwiches, daily sandwich choice, Hummus & Veggie plate and juice or milk (chocolate, 1% and skim)

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"