

MCCPS February 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>½ day</u> Specials Available in the Cafe
4 Grilled Turkey & Cheese w/ Steamed Broccoli and Tomato Vegetable Soup <i>Tuna in a Wheat Pita</i>	5 Taco Bar w/ Fresh Garden Salsa, Cheddar, Lettuce & More served w/ Black Beans and Rice <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	6 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Mixed Veggies w/ Fresh Made Foccacia <i>Veggie Melt on Foccacia</i>	7 Hamburger Deluxe w/ choice of cheese, lettuce or tomato served with Roasted Potatoes <i>Chicken Salad Wrap</i>	8 Chinese New Year Teriyaki Chicken w/ Orange Sauce Veggie Fried Rice Stir Fry Veggies Sesame Tofu Sesame Noodles Mandarin Oranges Fortune Cookies Veggie Burger
11 Fish Sticks with Tartar Sauce, Potato Wedges and Steamed Broccoli served with a Cup of Corn Chowder <i>Tuna in a Wheat Pita</i>	12 Pulled Chicken Soft Tacos w/ Corn Salsa, Cheddar, Lettuce & Sour Cream Served with Rice & Beans <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	13 Homemade Mac & Cheese w/ Steamed Mixed Veggies and Fresh Garlic Bread <i>Veggie Melt on Foccacia</i>	14 Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad <i>Chicken Salad Wrap</i>	15 <u>½ day</u> Specials Available in the Cafe
<u>18</u> <u>Have a</u>	<u>19</u> <u>Safe and</u>	<u>20</u> <u>Fun</u>	<u>21</u> <u>February</u>	<u>22</u> <u>Break</u>
25 Potato Bar w/ Ham, Cheddar, Broccoli and Fresh Garden Salsa served w/ a cup of Chili <i>Tuna in a Wheat Pita</i>	26 <i>Chicken & Vegetable Curry served with Lentils and Rice</i> <i>Chicken Salad Wrap</i>	27 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Mixed Garden Veggies w/ Fresh Made Foccacia <i>Veggie Melt on Foccacia</i>	28 BBQ Pulled Pork w/ Fresh Corn Bread w/ Corn & Tomato Salad and Cinnamon Apples	

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"