

MCCPS February 2020 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Grilled Turkey & Cheese w/ Steamed Broccoli and Tomato Vegetable Soup</p> <p><i>Tuna in a Wheat Pita</i></p>	<p>4</p> <p>Taco Bar w/ Fresh Garden Salsa, Cheddar, Lettuce & More served w/ Black Beans and Rice</p> <p><i>Hummus Wrap w/ Fresh Crisp Veggies</i></p>	<p>5</p> <p>Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Mixed Veggies w/ Fresh Made Foccacia</p> <p><i>Veggie Melt on Foccacia</i></p>	<p>6</p> <p>Hamburger Deluxe w/ choice of cheese, lettuce or tomato served with Roasted Potatoes</p> <p><i>Chicken Salad Wrap</i></p>	<p>7</p> <p>Homemade Charter Pan Pizza Served w/ Home Made Caesar Salad Veggie Burger</p>
<p>10</p> <p>Fish Sticks with Tartar Sauce, Potato Wedges and Steamed Broccoli served with a Cup of Corn Chowder</p> <p><i>Tuna in a Wheat Pita</i></p>	<p>11</p> <p>Pulled Chicken Soft Tacos w/ Corn Salsa, Cheddar, Lettuce & Sour Cream Served with Rice & Beans</p> <p><i>Hummus Wrap w/ Fresh Crisp Veggies</i></p>	<p>12</p> <p>Homemade Mac & Cheese w/ Steamed Mixed Veggies and Fresh Garlic Bread</p> <p><i>Veggie Melt on Foccacia</i></p>	<p>13</p> <p>Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad</p> <p><i>Chicken Salad Wrap</i></p>	<p>14</p> <p style="text-align: center;"><u>½ day Specials Available in the Cafe</u></p>
<p><u>17</u></p> <p><u>Have a</u></p>	<p><u>18</u></p> <p><u>Safe and</u></p>	<p><u>19</u></p> <p><u>Fun</u></p>	<p><u>20</u></p> <p><u>February</u></p>	<p><u>21</u></p> <p><u>Break</u></p>
<p>24</p> <p>Potato Bar w/ Ham, Cheddar, Broccoli and Fresh Garden Salsa served w/ a cup of Chili</p> <p><i>Tuna in a Wheat Pita</i></p>	<p>25</p> <p><i>Chicken & Vegetable Curry served with Lentils and Rice</i></p> <p><i>Chicken Salad Wrap</i></p>	<p>26</p> <p>Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Mixed Garden Veggies w/ Fresh Made Foccacia</p> <p><i>Veggie Melt on Foccacia</i></p>	<p>27</p> <p>BBQ Pulled Pork w/ Fresh Corn Bread w/ Corn & Tomato Salad and Cinnamon Apples</p>	

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”