

MCCPS March 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pancakes w/ Berry Syrup, Home Fries and Turkey Sausage Veggie Burger
4 Grilled Turkey & Cheese w/ Steamed Broccoli and Tomato Vegetable Soup <i>Tuna in a Wheat Pita</i>	5 Chicken & Sausage Jambalaya w/ Roasted Corn and Okra and Fresh Corn Bread <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	6 Homemade Mac & Cheese w/ Steamed Mixed Veggies & Fresh Garlic Bread <i>Veggie Melt on Foccacia</i>	7 Hamburger Deluxe w/ choice of cheese, lettuce or tomato served with Roasted Potatoes Chicken Salad Wrap	8 <u>½ day</u> <u>Specials</u> <u>Available in the Cafe</u>
11 Grilled Cheese served with Steamed Broccoli, Sweet Potato Wedges and a Cup of Corn Chowder <i>Tuna in a Wheat Pita</i>	12 Roast Turkey Dinner w/ Gravy Garlic Mashed Potatoes and Green Beans <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	13 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Mixed Veggies w/ Fresh Made Foccacia <i>Veggie Melt on Foccacia</i>	14 BBQ Pulled Pork Sandwich w/ Cole Slaw & Cinnamon Apples <i>Chicken Salad Wrap</i>	15 <u>½ day</u> <u>Specials</u> <u>Available in the Cafe</u>
18 <u>No school for students</u>	19 Taco Bar w/ Fresh Garden Salsa, Cheddar, Lettuce & More served w/ Black Beans and Rice <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	20 Pasta w/ chicken & Broccoli w/ a Creamy Garlic Sauce served w/ Fresh Foccacia <i>Veggie Melt on Foccacia</i>	21 <i>Chicken & Vegetable Curry served with Lentils and Rice</i> <i>Chicken Salad Wrap</i>	22 Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad Veggie Burger
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 Pulled Chicken Soft Tacos w/ Corn Salsa, Cheddar, Lettuce & Sour Cream Served with Rice & Beans <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 Chicken Sandwich w/ Veggie Pasta Salad and Carrot Sticks <i>Chicken Salad Wrap</i>	29 Fish Sticks with Tartar Sauce, Potato Wedges and side Garden Salad Veggie Burger

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)

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