

MCCPS April 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Turkey & Cheese w/ Steamed Broccoli and Tomato Vegetable Soup <i>Tuna in a Wheat Pita</i>	2 Teriyaki Chicken w/ Pineapple Salsa, Fried Rice and Stir Fried Veggies <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	3 <u>½ day</u> Specials <u>Available in the Cafe</u>	4 BBQ Pulled Pork Sandwich w/ Cole Slaw & Cinnamon Apples Chicken Salad Wrap	5 Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad Veggie Burger
8 Grilled Ham & Cheese w/ Roasted Sweet Potatoes and a Cup of Broccoli Soup <i>Tuna in a Wheat Pita</i>	9 Steak Fajita (soft)Tacos w/ Choice of Cheddar, Fresh Salsa, Sour Cream and Lettuce served w/ Rice and Red Beans <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	10 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Mixed Veggies w/ Fresh Made Foccacia <i>Veggie Melt on Foccacia</i>	11 Fish Sticks w/ Roasted Potato Wedges and a Garden Salad Chicken Salad Wrap	12 <u>½ day</u> Specials <u>Available in the Cafe</u>
15 <u>April Break Begins</u>	16 <u>Have a</u>	17 <u>Fun &</u>	18 <u>Safe</u>	19 <u>Break</u>
22 Grilled Cheese served with Steamed Broccoli, Sweet Potato Wedges and a Cup of Corn Chowder <i>Tuna in a Wheat Pita</i>	23 Taco Bar w/ Fresh Garden Salsa, Cheddar, Lettuce & More served w/ Black Beans and Rice <i>Hummus Wrap w/ Fresh Crisp Veggies</i>	24 Homemade Mac & Cheese w/ Steamed Mixed Veggies & Fresh Garlic Bread <i>Veggie Melt on Foccacia</i>	25 Hamburger Deluxe w/ choice of cheese, lettuce or tomato served with Roasted Potatoes <i>Chicken Salad Wrap</i>	26 <u>½ day</u> Specials <u>Available in the Cafe</u>
29 Potato Bar w/ Ham, Cheddar, Broccoli and Fresh Garden Salsa served w/ a cup of Chili <i>Tuna in a Wheat Pita</i>	30 Pulled Chicken Soft Tacos w/ Corn Salsa, Cheddar, Lettuce & Sour Cream Served with Rice & Beans <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"