

MCCPS May 2019 LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| | | 1 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Veggies & Fresh Made Foccacia <i>Veggie Melt on Foccacia</i> | 2 BBQ Chicken Sandwich w/ Roasted Sweet Potatoes Chicken Salad Wrap | 3 Pancakes w/ Berry Syrup, Home Fries and Turkey Sausage Veggie Burger |
| 6 Grilled Turkey & Cheese w/ Steamed Broccoli and Pasta Salad <i>Tuna in a Wheat Pita</i> | 7 Taco Bar w/ Fresh Garden Salsa, Cheddar, Lettuce & More served w/ Black Beans and Rice <i>Hummus Wrap w/ Fresh Crisp Veggies</i> | 8 Homemade Mac & Cheese w/ Steamed Mixed Veggies & Fresh Garlic Bread <i>Veggie Melt on Foccacia</i> | 9 Grilled Chicken with Pineapple Salsa, Rice Pilaf and Steamed Broccoli Chicken Salad Wrap | 10 <u>½ day</u> <u>Specials</u> <u>Available in</u> <u>the Cafe</u> |
| 13 Homemade Meat Loaf w/ Gravy, Mashed Potatoes and Veggies <i>Tuna in a Wheat Pita</i> | 14 Pulled Chicken Soft Tacos w/ Corn Salsa, Cheddar, Lettuce & Sour Cream Served with Rice & Beans <i>Hummus Wrap w/ Fresh Crisp Veggies</i> | 15 Wheat Pasta w/ Homemade Marinara or Meat Sauce served Carrots w/ Fresh Foccacia <i>Veggie Melt on Foccacia</i> | 16 Hamburger Deluxe w/ choice of cheese, lettuce or tomato served with Roasted Potatoes <i>Chicken Salad Wrap</i> | 17 Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad <i>Veggie Burger</i> |
| 20 Potato Bar w/ Ham, Cheddar, Broccoli and Fresh Garden Salsa served w/ a cup of Chili <i>Tuna in a Wheat Pita</i> | 21 Steak Fajitas w/ Choice of Corn Salsa, Cheddar, Lettuce and Sour Cream served with Spanish Rice <i>Hummus Wrap w/ Fresh Crisp Veggies</i> | 22 Pasta w/ chicken & Broccoli w/ a Creamy Garlic Sauce served w/ Fresh Foccacia <i>Veggie Melt on Foccacia</i> | 23 BBQ Pulled Pork Sandwich w/ Cole Slaw & Apple Sauce <i>Chicken Salad Wrap</i> | 24 <u>½ day</u> <u>Specials</u> <u>Available in</u> <u>the Cafe</u> |
| 27 <u>Memorial</u> <u>Day</u> <u>No School</u> | 28 Grilled Cheese served with Steamed Broccoli, Sweet Potato Wedges and a Cup of Corn Chowder <i>Chicken Salad Wrap</i> | 29 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Mixed Garden Veggies w/ Fresh Made Foccacia <i>Veggie Melt on Foccacia</i> | 30 Fish Sticks with Tartar Sauce, Potato Wedges and side Garden Salad <i>Chicken Salad Wrap</i> | 31 Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad <i>Veggie Burger</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"