

MCCPS SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>No school Labor Day</u>	3 <u>Breakfast for Lunch</u> Pancakes w/ Mixed Berries, Syrup, Turkey Sausage and Fresh Fruit Hummus Wrap w/ Fresh Veggies	4 Homemade Mac & Cheese w/ Steamed Carrots and Fresh Garlic Bread Veggie Melt on Focaccia	5 BBQ Pulled Chicken on a Roll w/ Fresh Corn on the Cob & Homemade Charter Pickles Chicken Salad Wrap	6 <u>Children's Island</u> Bring your own lunch.
9 Potato Bar w/ choice of toppings including Ham, Cheddar, Broccoli and Fresh Garden Salsa served w/ a cup of Chili <i>Tuna in a Wheat Pita</i>	10 Grilled Lemon Chicken w/ Tomato, Olive Cucumber & Feta Salad served w/ Steamed Broccoli, Confetti Rice & Wheat Pita Bread Hummus Wrap w/ Fresh Veggies	11 Pasta w/ Homemade Meatballs in sauce served w/ Garden Vegetables and Fresh Focaccia Veggie Melt on Focaccia	12 Pulled Pork w/ Fresh Corn Bread, Charter Pickles, Carrot & Apple Slaw Chicken Salad Wrap	13 <u>½ day</u> <u>Specials available in the cafe</u>
16 Grilled Ham & Cheese Sandwich served with Sweet Potato Wedges and Corn Chowder <i>Tuna in a Wheat Pita</i>	17 Pulled Chicken Soft Tacos w/ Fresh Garden Salsa, Cheddar and Lettuce served with a Black Bean Salad <i>Hummus Wrap w/ Fresh Veggies</i>	18 <i>Pasta w/ Homemade Marinara or Meat Sauce served w/ Sautéed Zucchini and Carrots and Fresh Made Focaccia</i> Veggie Melt on Focaccia	19 Hamburger Deluxe w/ Choice of cheese, lettuce or tomato served w/ Herb Roasted Potatoes. Chicken Salad Wrap	20 Homemade Charter Pan Pizza served with Homemade Caesar Salad with Fresh Croutons Veggie Burger
23 Grilled Cheese with Roasted Sweet Potatoes and a cup of Roasted Garden Tomato Soup. <i>Tuna in a Wheat Pita</i>	24 Steak Fajita w/ Choice of Cheddar, Fresh Salsa, Sour Cream, Peppers & Onions & Corn Salsa, served w/ Rice & Beans Hummus Wrap w/ Fresh Crisp Veggies	25 Chicken, Broccoli and Ziti served with Fresh Garlic Bread and a side Garden Salad Veggie Melt on Focaccia	26 Roast Turkey w/ Homemade Gravy Garlic Mashed Potatoes and Sautéed Green Beans Chicken Salad Wrap	27 <u>½ day</u> <u>Specials available in the cafe</u>
30 Turkey & Cheese on Ciabatta w/ Cran. Relish w/ Kale & Quinoa Salad w/ a cup of Carrot Ginger Soup <i>Tuna in a Wheat Pita</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"