

MCCPS November 2018 LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | | <p>1 Grilled Chicken Teriyaki w/ Pineapple Salsa, Veggie Fried Rice and Stir Fried Vegetables</p> <p><i>Chicken Salad Wrap</i></p> | <p>2 Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad</p> <p><i>Veggie Burger</i></p> |
| <p>5 Grilled Ham & Cheese with Roasted Sweet Potatoes and Homemade Chicken and Rice Soup</p> <p><i>Tuna in a Wheat Pita</i></p> | <p>6 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>7 Homemade Mac & Cheese w/ Steamed Broccoli and Fresh Garlic Bread</p> <p><i>Veggie Melt on Foccacia</i></p> | <p>8 Hamburger Deluxe w/ choice of cheese, lettuce or tomato served with Herb Roasted Potatoes</p> <p><i>Chicken Salad Wrap</i></p> | <p>9 <u>1/2 day</u> Specials will be served in the café</p> |
| <p>12 <u>No School Veterans Day Observed</u></p> | <p>13 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>14 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Steamed Broccoli and Fresh Made Foccacia</p> <p><i>Veggie Melt on Foccacia</i></p> | <p>15 Chicken Sausage w/ Vegetable Ratatouille (stewed garden veggies) served over Rice Pilaf</p> <p><i>Chicken Salad Wrap</i></p> | <p>16 Home Made Charter Pan Pizza Served w/ Home Made Caesar Salad</p> <p><i>Veggie Burger</i></p> |
| <p>19 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>20 <u>1/2 day</u> Thanksgiving Break Begins</p> | <p>21 <i>Have a Safe &</i></p> | <p>22 <i>Happy</i></p> | <p>23 <i>Thanksgiving</i></p> |
| <p>26 <u>No School for Students Faculty only</u></p> | <p>27 Open Faced Turkey Sandwich w/ Corn Bread Stuffing, Gravy, Roasted Butternut Squash Cran. Relish</p> <p><i>Hummus Wrap w/ Fresh Crisp Veggies</i></p> | <p>28 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Green Beans and Fresh Made Foccacia</p> <p><i>Veggie Melt on Foccacia</i></p> | <p>29 BBQ Pulled Pork w/ Fresh Corn Bread Homemade Baked Beans and Fresh Carrot Cole Slaw</p> <p><i>Chicken Salad Wrap</i></p> | <p>30 <u>Breakfast for Lunch</u> Pancakes w/ Syrup, Turkey Sausage and Mixed Berries and Home Fries</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)

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