

MCCPS December 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Grilled Cheese w/ Steamed Broccoli and a Cup of Tomato Vegetable Soup</p> <p><i>Tuna in a Wheat Pita</i></p>	<p>4 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>5 Wheat Pasta w/ Homemade Marinara or Meat Sauce served w/ Steamed Carrots and Fresh Made Foccacia</p> <p><i>Veggie Melt on Foccacia</i></p>	<p>6 Grilled Chicken Teriyaki w/ Pineapple Salsa, Veggie Fried Rice and Stir Fried Vegetables</p> <p><i>Chicken Salad Wrap</i></p>	<p>7 Home Made Charter Pan Pizza Served w/ a Garden Salad</p> <p><i>Veggie Burger</i></p>
<p>10 Grilled Ham & Cheese with Roasted Sweet Potatoes and Homemade Corn Chowder</p> <p><i>Tuna in a Wheat Pita</i></p>	<p>11 Chicken with Vegetables served over Rice and Lentils</p> <p><i>Hummus Wrap w/ Fresh Crisp Veggies</i></p>	<p>12 Homemade Mac & Cheese w/ Steamed Broccoli and Fresh Garlic Bread</p> <p><i>Veggie Melt on Foccacia</i></p>	<p>13 Hamburger Deluxe w/ choice of cheese, lettuce or tomato served with Herb Roasted Potatoes</p> <p><i>Chicken Salad Wrap</i></p>	<p>14 <u>1/2 day</u> Specials will be served in the café</p>
<p>17 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>18 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>19 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>20 BBQ Pulled Pork w/ Fresh Corn Bread Homemade Baked Beans and Fresh Carrot Cole Slaw</p> <p><i>Chicken Salad Wrap</i></p>	<p>21 <u>Breakfast for Lunch</u> Pancakes w/ Syrup, Turkey Sausage and Mixed Berries and Home Fries</p> <p><i>Veggie Burger</i></p>
<p>2 <u>Winter break begins</u></p>	<p><u>25</u> <u>Have a</u></p>	<p><u>26</u> <u>Safe and</u></p>	<p>27 <u>Happy</u></p>	<p>28 <u>Vacation</u></p>
<p>31 <u>No School</u></p>	<p><u>No School</u></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)

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”