

SEPTEMBER, 2017
MCJHS AND MCHS
LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburger or Fish Tossed Salad Tri-Tater or Onion Rings Peas Oranges/Fruit Choice
4 NO SCHOOL LABOR DAY	5 Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Fruit Cup	6 Pasta Bake Garlic Breadstick Garden Salad Chocolate Chip Cookie Apple/Fruit Cup	7 Chicken Patty W/G Roll w/Honey Mashed Potatoes/Gravy Green Beans Grapes Fruit Cup	8 Taco Burger on Bun Tortilla Chips/Tomato Salsa Green Lettuce Leaf Tomato Slice Refried Beans Banana/Fruit Cup
11 Corn Dog Green Beans Tater Tots Sugar Cookie Bar Fruit Choice/Fruit Cocktail	12 Country Style Beef Patty W/G Roll w/Jelly Mashed Potatoes/Gravy Steamed Broccoli Orange/Fruit Cup	13 Taco Salad Tortilla Chips/Tomato Salsa Refried Beans Sugar Cookie Watermelon/Fruit Cup	14 Hamburger of Fish Tossed Salad Tri-Tater or Onion Rings Peas Oranges/Fruit Choice	15 Hot Dog/Coney Fries or Wedges Broccoli Cheese Apple/Fruit Choice
18 Breaded Chicken Nuggets Seasoned Rice Vegetable Medley Celery Stick Mandarin Oranges	19 Baked Spaghetti w/Cheese Green Beans Carrot Sticks Breadstick Diced Pears or Juice Cup	20 Hot Dog or Coney On W/G Bun Tater Tots Baked Beans Apple/Grapes	21 Pizza Choice Romaine Salad Cucumber Slices Whole Pear	22 Hamburger or Fish On W/G Bun Oven Fries Green Pepper Strips Orange Half or Juice Cup
25 Hot Ham & Cheese Potato Wedges Broccoli Florets Fruit Cocktail/Fruit Cup	26 Chicken Nuggets W/G Roll w/Honey Mashed Potatoes/Gravy Tossed Salad Grapes/Fruit Cup	27 Beef Bean Burrito or Chicken Taco Chips & Salsa Lettuce & Tomato Corn Watermelon/Fruit Choice	28 Shredded BBQ/Riblet Baked Beans Tater Tots or Onion Rings Celery Sticks Fruit Mix/Fruit Choice	29 Cheese Pizza Garlic Bread Peas Broccoli Florets Oranges/Fruit Choice

Choice of No-Fat or Low-Fat milk served daily.
All bread products are whole grain.

ALL PUBLISHED MENUS ARE SUBJECT TO CHANGE

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