



Meet Your Nutritious Friend:
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog On GF Roll FEATURED VEGGIES Baked Beans Fries Day 6	3 Nachos Grande FEATURED VEGGIES Lettuce & Tomato Corn Day 1	4 Chicken and Corn Chowder w/ Peanut Butter Sandwich GF Bread FEATURED VEGGIES Celery Green Beans Day 2	5 Sausage, Egg & Cheese Sandwich GF Roll FEATURED VEGGIES Hash Brown Gr Pepper Strips Day 3	6 GF Mac & Cheese FEATURED VEGGIES Steamed Broccoli Baby Carrots Day 4
9 Cheeseburger On GF Roll FEATURED VEGGIES Baked Beans Fries Day 5	10 Walking Taco FEATURED VEGGIES Lettuce & Tomato Corn Day 6	11 Grilled Cheese Sandwich GF Bread FEATURED VEGGIES Tomato Soup Peas Day 1	12 GF Pasta w/ Meat Sauce FEATURED VEGGIES Green Beans Baby Carrots Day 2	13 Act 80 Day No School Day 3
16 Grilled Chicken Sand GF Roll FEATURED VEGGIES Tots Gr Pepper Strips Day 4	17 Chicken Walking Taco (St. Patty's Day Treat) FEATURED VEGGIES Lettuce & Tomato Black Beans Day 5	18 Sausage, Egg & Cheese Sandwich GF Roll FEATURED VEGGIES Tots Baby Carrots Day 6	19 Chicken Alfredo GF Pasta FEATURED VEGGIES Steamed Broccoli Cherry Tomatoes Day 1	20 GF Pizza FEATURED VEGGIES Celery Green Beans Day 2
23 GF Chicken Tenders FEATURED VEGGIES Mashed Potatoes Baby Carrots Day 3	24 Walking Taco FEATURED VEGGIES Lettuce & Tomato Corn Day 4	25 Grilled BBQ Chicken w /Rice FEATURED VEGGIES Steamed Broccoli Celery Day 5	26 Ham & Cheese on GF Roll FEATURED VEGGIES Oven Fries Gr Pepper Strips Day 6	27 GF Pizza FEATURED VEGGIES Green Beans Cucumbers Day 1
30 Cheeseburger Sub GF Roll FEATURED VEGGIES Peas Cherry Tomatoes Day 2	31 Cheeseburger Tots FEATURED VEGGIES Tots Baked Beans Day 3			

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

-A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit May Include:

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk May Include:

White, Chocolate or Strawberry

Alternatives May Include:

Fresh Entree Salad of the Week

Craveables

Weekly Cold Cut Sandwiches & Wraps

Your Team

Bob DuFour--Food Service Director
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rd02@mcsdk12.org

Meal Prices

Student Lunch \$2.95
Reduced Lunch \$.40



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