

St. Marcus Lutheran School



MCFI NUTRITION SERVICES

**September
2019**

MCFI

K4-8 Hot Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>No School- Labor Day</p>	<p>3</p> <p>Macaroni and Cheese Whole Grain Soft Pretzel Stick Steamed Green Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>4</p> <p>Philly Cheesesteak on a Whole Grain Bun with Mozzarella Cheese Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>5</p> <p>Kid's Classic Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Cracker Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>6</p> <p>WG Breaded Chicken Fillet with BBQ WG Cornbread Steamed Carrots Seasonal Lunch Fruit Choice of Milk</p>
<p>9</p> <p>Orange Chicken WG Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>10</p> <p>Meatball Sub on a Whole Grain Bun with Mozzarella Cheese Steamed Corn Seasonal Lunch Fruit Choice of Milk</p>	<p>11</p> <p>Chicken Tacos on a Whole Grain Tortilla (1) with Shredded Cheese, Lettuce and Taco Sauce WG Pretzel Goldfish Cracker Ranchero Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>12</p> <p>Kid's Classic Asian Glazed Boneless Chicken Wings with WG Cheez-It Crackers Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>13</p> <p>Cheeseburger on a Whole Grain Bun Ketchup Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>
<p>16</p> <p>WG Beef and Cheese Burrito Taco Sauce Seasoned Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>17</p> <p>Brunch for Lunch Chicken Sausage, Egg and Cheese Breakfast Sandwich on a WG Biscuit Sunset Sip Vegetable Juice Seasonal Lunch Fruit Choice of Milk</p>	<p>18</p> <p>BBQ Chicken Sandwich on a Whole Grain Bun Steamed Corn Seasonal Lunch Fruit Choice of Milk</p>	<p>19</p> <p>Kid's Classic Breaded Chicken Patty with Mayo and Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>20</p> <p>Domino's Cheese Pizza Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk</p>
<p>23</p> <p>Homemade Meatloaf Whole Grain Biscuit Mashed Potatoes Seasonal Lunch Fruit Choice of Milk</p>	<p>24</p> <p>Chicken Leg Whole Grain Cornbread Vegetarian Baked Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>25</p> <p>Teriyaki Beef Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>26</p> <p>Kid's Classic Cheese Pizza Sticks with Marinara Dipping Sauce Pretzel Goldfish Crackers Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>27</p> <p>Build Your Own Sub Turkey Breast, Cheese, and Lettuce on a Whole Grain Roll with Mayo Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk WG Treat</p>
<p>30</p> <p>Brunch for Lunch Whole Grain Pancakes with Syrup Chicken Sausage Patty Yogurt Cup Sunset Sip Seasonal Lunch Fruit Choice of Milk</p>	<p>MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE</p> <p>MENU SUBJECT TO CHANGE</p>			

This institution is an equal opportunity provider.