

MCA Weekly Specials

April 8th - 12th, 2019



Specialty Pizza:



Eat Fit Bagel Pizza OR Cheese & Pepperoni Pizza

2.50



Eat Fit NOLA



Monday: Red Beans & Brown Rice w/ Smoked Sausage w/ Mixed Vegetables & WW Roll \$5

5.50

Tuesday: Grilled Chicken Tenders (Blackened Montreal Seasoning) (2) w/ Broccoli Parmesan & WW Roll

Wednesday: Shredded Chicken Taco's (2) w/ Black Beans

Thursday: Chicken Teriyaki over Chow Mein Noodles and Vegetables w/ Fresh Roll *NOT EAT FIT*****

Friday: 10" Baked Fish Taco (1) w/ Brown Spanish Rice

Classics:

Monday: Country Fried Steak (Gravy) w/ Cheesy Mashed Potatoes & Fresh Roll

5.50

Tuesday: Fried Chicken Tenders (2) w/ Macaroni & Cheese & Roll

Wednesday: Turkey Taco's (2) w/ Buttered Corn

Thursday: Chicken Teriyaki over Chow Mein Noodles and Vegetables w/ Fresh Roll

Friday: Fried Fish Taco's (2) w/ Scalloped Potatoes

Soup / Specialty Bar of the Day:

Monday: Tomato Basil Soup / 1/2 Grilled Cheese \$1.50

Baked Potato Closed

2.75 /

3.25

Tuesday: Turkey & Hot Sausage Gumbo / Baked Potato

Wednesday: French Onion Soup / Baked Potato

Thursday: Loaded Potato Soup / Nacho Bar

Friday:  Shrimp & Okra Gumbo w/ Brown Rice \$3.50

/ Baked Potato



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for MCA in Eat Fit Schools Section for full nutrition facts.