

**McCANN TECHNICAL SCHOOL NORTH ADAMS, MA**

**MENU FOR WEEK OF October 21-25, 2019**

MILK IS SERVED WITH ALL BREAKFASTS & LUNCHES  
CHOICE OF FRESH FRUIT DAILY WITH ALL LUNCHES

**BREAKFAST**

**LUNCH**

**MONDAY**

Assorted Juices  
Banana  
Assorted Cereal  
Apple Cinnamon Bread

Buffalo Chicken & Cheese Wrap  
Shredded Lettuce & Tomato  
Sweet Potato Wedges  
Broccoli & Pasta Salad  
Strawberries & Blueberries

**TUESDAY**

Assorted Juices  
Mandarin Oranges  
Breakfast Sandwich with Eggs  
& Cheese on an English Muffin

Chicken Noodle Soup  
Grilled Cheese Sandwich  
Potato Rounds  
Cole Slaw  
Cinnamon Apples

**WEDNESDAY**

Assorted Juices  
Pineapple Tidbits  
Pancakes with Syrup,

Teriyaki Meatballs over Seasoned Rice  
Stir Fry Cabbage  
Glazed Carrots  
Wheat Bread  
Pineapple

**THURSDAY**

Assorted Juices  
Sliced Pears  
Assorted Cereal  
Double Chocolate Chip Muffins

Crispy Tacos with Taco Sauce  
Shredded Lettuce & Tomato  
Refried Beans  
Corn  
Peach Cups

**FRIDAY**

Assorted Juices  
Sliced Peaches  
Country Style (with Sausage, & Cheese)  
or Plain Scrambled Eggs  
Home Fries

Cheese Bread Sticks with Marinara Sauce  
Mixed Green Salad w/Dressing  
Broccoli  
Pears

**MENU FOR WEEK OF Oct. 28-Nov. 1, 2019**

MILK IS SERVED WITH ALL BREAKFASTS & LUNCHES  
CHOICE OF FRESH FRUIT DAILY WITH ALL LUNCHES

**BREAKFAST**

**LUNCH**

**MONDAY**

Assorted Juices  
Banana  
Assorted Cereal  
Assorted Pastries

T.B.C.L.T. Grinder Turkey, Bacon,  
Cheese, Lettuce, and Tomato on a  
Grinder Roll  
Crispy Vegetables with Ranch Dressing  
Black Bean & Corn Salad  
Fresh Mixed Fruit

**TUESDAY**

Assorted Juices  
Sliced Pears  
Breakfast Pizza with  
Egg, Cheese & Sausage

Ham & Cheese Omelet  
Oven Roasted Potatoes  
Green Peas  
Biscuit  
Apple Juice

**WEDNESDAY**

Assorted Juices  
Applesauce  
Waffle Breakfast Sandwich with Egg,  
& Cheese

Chicken Vermont Bowl includes Choice  
of: Tender Boneless Chicken, Shredded  
Cheese, Mashed Potatoes, Warm Apples,  
and Chicken Maple Jus Lie'  
Butternut Squash  
Wheat Bread  
Peaches

**THURSDAY**

Assorted Juices  
Banana  
Assorted Cereal  
Cinnamon Coffee Cake

Hamburger or Cheeseburger on a Bun  
with Ketchup, Mustard & Onion  
Sweet Potato Rounds  
Green Beans  
Mixed Berry Cups

**FRIDAY**

Assorted Juices  
Mixed Fruit  
Ham & Cheese Bagel

Chicken Parmesan  
Spaghetti with Tomato Sauce  
Broccoli  
Caesar Salad  
Wheat Bread  
Strawberries & Bananas