

2020-2021 Lunch Menu—Modified Operations Plan

MCA will continue to monitor and adapt our policies/plan as necessary.

****Build Your Own Lunch—beverage, chips, dessert not included unless stated in description / milk is not included in Lower School lunch—you must add it to your order**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Panera Bread (alternate weekly)	McAlister's Deli (alternate weekly)	Hungry Howie's Pizza	Southwest Moe's (alternate weekly)	Chick-Fil-A
Ham/Cheese Sandwich w/ chips Turkey/Cheese Sandwich w/ chips Mac & Cheese w/ baguette (small-4oz.) Kids Grilled Cheese w/ chips Broccoli Cheddar Soup (cup) w/ baguette	1/2 Bacon Spud 1/2 Cheese Spud Mac & Cheese (4oz.) Kids Turkey/Cheese Sandwich & Chips Kids Ham/Cheese Sandwich & Chips 1/2 Chicken Caesar Wrap	Cheese Pizza (7") Pepperoni Pizza (7") Gluten Free Cheese Pizza (10")	Soft Beef Taco w/ tortilla chips & cookie Soft Chicken Taco w/ tortilla chips & cookie 10" Beef Burrito w/ tortilla chips 10" Chicken Burrito w/ tortilla chips Cup of Queso & Chips	5 piece Chicken Nugget 8 piece Chicken Nugget Chicken Sandwich Spicy Chicken Sandwich Small Fruit Cup
Firehouse Subs (alternate weekly)	The Bridge Restaurant (alternate weekly)		Chinatown Buffet (alternate weekly)	
6" Turkey/Cheese Sub 6" Ham/Cheese Sub 6" Italian Sub 6" Grilled Chicken Breast Sub 6" Meatball Sub	Spaghetti w/ meatballs & bread Chicken Alfredo & bread Buttered noodles & bread		Teriyaki Chicken* Sweet & Sour Chicken* Beef & Broccoli* (* choice of rice or low mein noodles) Side—Fried Rice Side—Egg Roll Corn Dog	
The Metro Station	The Metro Station	The Metro Station	The Metro Station	The Metro Station
Lunch Salad w/ protein Side Salad—no protein Fruit Cup Veggies & Ranch Dressing Yogurt Parfait w/ fruit Bottled Water—16oz. Milk (8oz.) - plain/chocolate Kool Aid Jammers Fruit Punch Soft Drinks (US only) - Coke/Diet Coke/Sprite Powerade (US only) - Blue (Mtn Berry Blast) Potato Chips—plain, baked, salt & vinegar Doritos—nacho cheese Fun Food Cookie—chocolate chip/sugar Rice Krispy Treat Fruit Roll Up	Lunch Salad w/ protein Side Salad—no protein Fruit Cup Veggies & Ranch Dressing Yogurt Parfait w/ fruit Bottled Water—16oz. Milk (8oz.) - plain/chocolate Kool Aid Jammers Fruit Punch Soft Drinks (US only) - Coke/Diet Coke/Sprite Powerade (US only) - Blue (Mtn Berry Blast) Potato Chips—plain, baked, salt & vinegar Doritos—nacho cheese Fun Food Cookie—chocolate chip/sugar Rice Krispy Treat Fruit Roll Up	Lunch Salad w/ protein Side Salad—no protein Fruit Cup Veggies & Ranch Dressing Yogurt Parfait w/ fruit Bottled Water—16oz. Milk (8oz.) - plain/chocolate Kool Aid Jammers Fruit Punch Soft Drinks (US only) - Coke/Diet Coke/Sprite Powerade (US only) - Blue (Mtn Berry Blast) Potato Chips—plain, baked, salt & vinegar Doritos—nacho cheese Fun Food Cookie—chocolate chip/sugar Rice Krispy Treat Fruit Roll Up	Lunch Salad w/ protein Side Salad—no protein Fruit Cup Veggies & Ranch Dressing Yogurt Parfait w/ fruit Bottled Water—16oz. Milk (8oz.) - plain/chocolate Kool Aid Jammers Fruit Punch Soft Drinks (US only) - Coke/Diet Coke/Sprite Powerade (US only) - Blue (Mtn Berry Blast) Potato Chips—plain, baked, salt & vinegar Doritos—nacho cheese Fun Food Cookie—chocolate chip/sugar Rice Krispy Treat Fruit Roll Up	Lunch Salad w/ protein Side Salad—no protein Fruit Cup Veggies & Ranch Dressing Yogurt Parfait w/ fruit Bottled Water—16oz. Milk (8oz.) - plain/chocolate Kool Aid Jammers Fruit Punch Soft Drinks (US only) - Coke/Diet Coke/Sprite Powerade (US only) - Blue (Mtn Berry Blast) Potato Chips—plain, baked, salt & vinegar Doritos—nacho cheese Fun Food Cookie—chocolate chip/sugar Rice Krispy Treat Fruit Roll Up