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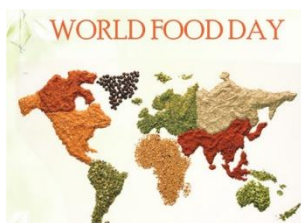
**MCFI**

**K-8 Hot Lunch**



**October  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MILK FOR SCHOOL:</b>                      SKIM WHITE                      LOW FAT WHITE                      SKIM CHOCOLATE                      MENU SUBJECT TO CHANGE</p> <p>This institution is an equal opportunity provider.</p>				<p><b>1</b></p> <p>WG Cheese Quesadilla                      Taco Sauce Packet                      Steamed Vegetables                      Seasonal Fruit                      Choice of Milk</p>
<p><b>4 NATIONAL TACO DAY</b>                      Beef Taco on WG Tortilla with Shredded Cheese                      Taco Sauce                      Seasoned Beans                      Seasonal Fruit                      Choice of Milk</p> 	<p><b>5 BRUNCH FOR LUNCH</b>                      WG Pancakes with Syrup Cup                      Chicken Breakfast Sausage                      Yogurt Cup                      Sunset Sip Juice                      Seasonal Fruit                      Choice of Milk</p>	<p><b>6 NATIONAL NOODLE DAY</b>                      Non-WG Mac and Cheese                      WG Pretzel Breadstick                      Baby Carrots with Ranch                      Seasonal Fruit                      Choice of Milk</p> 	<p><b>7</b></p> <p>Domino's Cheese Pizza                      Crunchy Broccoli with Ranch                      Seasonal Fruit                      Choice of Milk</p>	<p><b>8</b></p> <p>Sliced Roasted Turkey with Gravy over Mashed Potatoes                      WG Biscuit                      Seasonal Fruit                      Choice of Milk</p>
<p><b>11</b></p> <p>WG Cheese Pizza Sticks (2)                      Marinara Sauce Cup                      Baby Carrots                      Seasonal Fruit                      Choice of Milk</p>	<p><b>12</b></p> <p>Harvest Chicken Salad on WG Croissant                      Crunchy Broccoli with Ranch                      Seasonal Fruit                      Choice of Milk</p>	<p><b>13</b></p> <p>WG Chicken Patty on WG Bun                      Mayo Packet                      Steamed Corn                      Seasonal Fruit                      Choice of Milk</p>	<p><b>14 GREAT LAKES GREAT APPLE CRUNCH</b>                      WG Chicken Nuggets with BBQ Sauce                      Baby Carrots with Ranch                      Patterson Orchard Fresh Apple                      Choice of Milk</p> 	<p><b>15</b></p> <p>Homemade Sloppy Joe on a Whole Grain Bun                      Baked Beans                      Seasonal Fruit                      Choice of Milk</p>
<p><b>18 BRUNCH FOR LUNCH</b>                      Chicken Sausage, Egg Patty &amp; Cheese Breakfast Sandwich on WG Biscuit                      Grape Jelly                      Sunset Sip Juice                      Seasonal Fruit                      Choice of Milk</p>	<p><b>19</b></p> <p>Hamburger on WG Bun                      Ketchup Packet                      Steamed Corn                      Seasonal Fruit                      Choice of Milk</p>	<p><b>20</b></p> <p>Orange Chicken over WG Brown Rice                      Crunchy Broccoli with Ranch                      Seasonal Fruit                      Choice of Milk</p>	<p><b>21 NATIONAL DAY OF THE NACHO</b>                      Beef Nachos with WG Tortilla Chips (1 oz), Shredded Cheese, and Taco Packet                      Seasoned Beans                      Seasonal Fruit                      Choice of Milk</p> 	<p><b>22 BUILD YOUR OWN SUB</b>                      Turkey Ham and Cheese on WG Roll with Mayo                      Baby Carrots with Ranch                      Seasonal Fruit                      Choice of Milk</p> 
<p><b>25</b></p> <p>Baked Chicken Leg                      WG Biscuit with Margarine                      Steamed Corn                      Seasonal Fruit                      Choice of Milk</p>	<p><b>26</b></p> <p>WG Chicken Patty on WG Bun                      Mayo Packet                      Baked Beans                      Seasonal Fruit                      Choice of Milk</p>	<p><b>27</b></p> <p>Homemade Beef and Bean Chili with Shredded Cheese and Noodles                      Whole Grain Cornbread with Honey                      Seasonal Fruit                      Choice of Milk</p>	<p><b>28</b></p> <p>Domino's Cheese Pizza                      Baby Carrots with Ranch                      Seasonal Fruit                      Choice of Milk</p>	<p><b>29</b></p> <p>Meatballs in Marinara over Non-WG Pasta                      WG Breadstick                      Crunchy Broccoli with Ranch                      Seasonal Fruit                      Choice of Milk</p>



**THIS WORLD FOOD DAY, ACT AGAINST HUNGER! #ACTXHUNGER**

October 16th is World Food Day, a day when people around the world unite their voices and affirm their commitment to eradicate hunger in our lifetime. It is unacceptable that any man, woman, or child should be without adequate nutrition.

Source: <https://www.actionagainsthunger.org/world-food-day> For more recipes and ideas, click the QR Code!

