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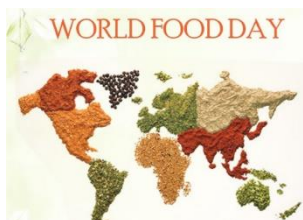
MCFI

9-12 Hot Lunch



**October
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE</p> <p>This institution is an equal opportunity provider.</p>				<p>1</p> <p>WG Cheese Quesadilla Taco Sauce Packet Steamed Vegetables Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>4 NATIONAL TACO DAY Beef Tacos on WG Tortilla with Shredded Cheese Taco Sauce WG Graham Cracker Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk</p> 	<p>5 BRUNCH FOR LUNCH WG Pancakes with Syrup Cup Chicken Breakfast Sausage Yogurt Cup Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>6 NATIONAL NOODLE DAY Non-WG Mac and Cheese WG Pretzel Breadstick WG Graham Cracker Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p> 	<p>7</p> <p>Domino's Cheese Pizza Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>8</p> <p>Sliced Roasted Turkey with Gravy over Mashed Potatoes WG Biscuit Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>11</p> <p>WG Cheese Pizza Sticks (2) Marinara Sauce Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>12</p> <p>Harvest Chicken Salad on WG Croissant Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>13</p> <p>WG Chicken Patty on WG Bun Mayo Packet Steamed Corn Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>14 GREAT LAKES GREAT APPLE CRUNCH WG Chicken Nuggets with BBQ Sauce WG Graham Cracker Baby Carrots with Ranch Patterson Orchard Fresh Apple 100% Fruit Juice Choice of Milk</p> 	<p>15</p> <p>Homemade Sloppy Joe on a Whole Grain Bun Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>18 BRUNCH FOR LUNCH Chicken Sausage, Egg Patty & Cheese Breakfast Sandwich on WG Biscuit Grape Jelly Sunset Sip Juice Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>19</p> <p>Hamburger on WG Bun Ketchup Packet Steamed Corn Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>20</p> <p>Orange Chicken over WG Brown Rice WG Graham Cracker Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>21 NATIONAL DAY OF THE NACHO Beef Nachos with WG Tortilla Chips (2 oz), Shredded Cheese, and Taco Packet Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk</p> 	<p>22 BUILD YOUR OWN SUB Turkey Ham and Cheese on WG Roll with Mayo Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>
<p>25</p> <p>Baked Chicken Leg WG Biscuit with Margarine Steamed Corn Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>26</p> <p>WG Chicken Patty on WG Bun Mayo Packet Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>27</p> <p>Homemade Beef and Bean Chili with Shredded Cheese and Noodles Whole Grain Cornbread with Honey Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>28</p> <p>Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk</p>	<p>29 NATIONAL BREADSTICK DAY Meatballs in Marinara over Non-WG Pasta WG Breadstick Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice 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!

