

Type School Name Here

MCFI

K-8 Hot Lunch



**October
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Three Cheese Calzone Marinara Sauce (1/4 cup) Fresh Baby Carrots (1/2 cup) Fresh Local Apple Choice of Milk	4 Diced Chicken and Gravy over WG Brown Rice WG Dinner Roll with Margarine Fresh Broccoli Bites Fresh Clementines (2 each) Choice of Milk	5 WG Cheese Ravioli with Marinara Sauce with Shredded Cheese (1 oz) WG Pretzel Breadstick Fresh Garden Salad Blend with Dressing Fresh Local Pears Choice of Milk	6 WG Chicken Corn Dog Ketchup Packet Oven Roasted Potatoes Ketchup Packet Chilled Strawberries Choice of Milk	7 Carne Asada (Beef) and Shredded Cheddar Cheese (1 oz) with WG Tortilla Chips (1 oz) and Taco Sauce WG Graham Cracker Ranchero Beans Fresh Local Apple Choice of Milk
10 Roasted Chicken Leg BBQ Packet WG Biscuit Steamed Carrots Chilled Cinnamon Applesauce Choice of Milk	11 Turkey Hot Dog on WG Bun Ketchup Packet Vegetarian Baked Beans Fresh Orange Choice of Milk	12 Swedish Turkey Meatballs WG Dinner Roll Mashed Potatoes Chilled Peaches Choice of Milk	13 Great Lakes Apple Crunch Domino's Cheese Pizza Fresh Romaine Salad with Dressing Fresh Apple Choice of Milk	14 Cheeseburger on WG Bun Ketchup Packet Fresh Cucumber Slices Chilled Pears Choice of Milk
17 Beef Tacos with Shredded Cheese on WG Tortilla Ranchero Beans Fresh Local Apple Choice of Milk	18 Chicken Alfredo over Bowtie Pasta WG Breadstick Fresh Baby Carrots Fresh Local Pear Choice of Milk	19 WG Chicken Nuggets with BBQ Sauce WG Dinner Roll Streamed Mixed Vegetables Fresh Orange Choice of Milk	20 WG Lasagna Rollups with Marinara Sauce WG Breadstick Fresh Romaine Salad with Dressing Chilled Strawberries Choice of Milk	21 WG French Toast Sticks (3) Syrup Cup Cherry Vanilla Yogurt Oven Roasted Potatoes Ketchup Packet Fresh Local Apple Choice of Milk
24 WG Cheese Quesadillas Taco Sauce Steamed Seasoned Corn with Mayo Packet Chilled Mixed Fruit Choice of Milk	25 Teriyaki Chicken over WG Brown Rice WG Dinner Roll Broccoli Slaw Fresh Orange Choice of Milk	26 Homemade Beef and Bean Chili with Shredded Cheese WG Cheddar Goldfish Crackers WG Baked Cornbread Fresh Baby Carrots (1/2 cup) Fresh Local Apple Choice of Milk	27 WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Fresh Broccoli Bites Seasonal Fruit Choice of Milk	28 WG Chicken Patty on WG Bun Mayo Sauce Vegetarian Baked Beans Seasonal Fruit Choice of Milk
31 Chicken Breakfast Sausage and Egg Patty on WG Biscuit Grape Jelly Baby Carrots Chilled Peaches Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			

This institution is an equal opportunity provider.