

Note: Due to product availability, this menu may change and vary from school to school.



McCreary County School System Revolving Menu 2022/2023



Note: Items that say "MCHS Only" are due to caloric/sodium restrictions at the middle & elementary school levels. Items are subject to availability. Revised: August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Cycle	Dutch or Mini Waffles/Sausage Link or Biscuits & Gravy Choice of Fruit/ Cereal/Toast/Juice/Milk Breaded Chicken Chunks: Buffalo/Asian/or Regular Broccoli & Cheese Romaine Tossed Salad WG Roll Peach or Strawberry Cup/Bananas/Grapes MCHS/MCMS Fast Food Line: Corn Dog	Breakfast Pizza or Bacon, Egg, & Cheese Biscuit Choice of Fruit/Cereal/Toast/Juice/Milk Chinese or Mexican Day Mandarin Orange Chicken Chicken Fajita/WG Wrap/(Egg Roll -MCHS Only) Asian Rice/Lettuce, Tomato, Cheese, Salsa, Corn on Cob Sautéed Pepper/Onion, (Orange-MCHS) Mandarin Oranges & Pineapple Fruit Cup MCHS/MCMS Fast Food Line: 5" Personal Pizza (Pepperoni or Cheese) MCHS Only: Chef Salad & Crackers/Par Baked Breadstick	Scrambled Egg/Stravaganza/Patty & Toast Choice of Fruit/ Cereal/Toast/Juice/Milk Shredded BBQ Pork & Bun Tater Tots or Potato Wedges Romaine Tossed Salad Baked Beans/Cole Slaw Raisins, (Banana – MCHS Only) Whipped Chocolate Parfait MCHS/MCMS Fast Food Line: Pepperoni & Cheese Calzone MCHS Only: Ham Sandwich	Cinnamon Rolls or Pancake Sausage Wrap Choice of Fruit/ Cereal/Toast/Juice/Milk Chicken Fettucine with Garlic Bread Veggie Cup (Broccoli, Cucumbers & Carrots) w/ Dip Fresh Pear or Apple MCHS/MCMS Fast Food Line: Burrito Chef Salad & Crackers/Bosco Stick	Chicken Vittles Choice of Fruit/ Cereal/Toast/Juice/Milk Big Daddy's Pepperoni or Cheese Pizza Romaine Tossed Salad/Whole Kernel Corn Grapes – (MCHS Only) Frozen Sidekick (Blue Raspberry or Sour Cherry-Lemon) MCHS/MCMS Fast Food Line: Baked Potato (Loaded) w/ Roll
Week 2 Cycle	Breakfast Pizza Choice of Fruit/ Cereal/Toast/Juice/Milk Chicken Strips Scalloped Potatoes Green Beans/WG Roll Granola Blueberry/Strawberry Parfaits MCHS/MCMS Fast Food Line: Corn Dog & Doritos or Funyuns MCHS Only: Ham Sandwich	Pig in the Blanket Choice of Fruit/ Cereal/Toast/Juice/Milk Pinto Beans & Cornbread or Hot Dog w/ Chili Tater Tots Mustard Greens, Apple, Banana Frozen Sidekick (Blue Raspberry, Sunbelievable) MCHS/MCMS Fast Food Line: Pepperoni Pizza (Square Cut) MCHS Only: Chef Salad & Crackers/Bosco Stick	Pancake Sausage Wrap on a Stick Choice of Fruit/ Cereal/Toast/Juice/Milk Hamburger or Cheeseburger French Fries – Crinkle Cut Lettuce, Tomato, Pickles, Onion, Carrots Baked Beans/Macaroni & Cheese Fresh Plum or Orange Wedge MCHS/MCMS Fast Food Line: Turkey or Ham Deli (Availability) MCHS Only: Ham Sandwich	Blueberry Muffin or Ham, Egg, & Cheese Biscuit Choice of Fruit/ Cereal/Toast/Juice/Milk Pork Roast & Brown Gravy Mashed Potatoes Peas/WG Yeast Rolls Apple Crisp/Bananas/Oranges MCHS/MCMS Fast Food Line: Pepperoni & Cheese Calzone MCHS Only: Chef Salad & Crackers/ Par Baked Breadstick	Biscuit & Sausage/Donuts Choice of Fruit/ Cereal/Toast/Juice/Milk Hot Ham & Cheese Sandwich Potato Skins or Sweet Potato Fries Romaine Tossed Salad Corn on the Cob Peach Cup, Apple MCHS/MCMS Fast Food Line: 5" Personal Pizza (Pepperoni or Cheese) MCHS Only: Baked Potato (Loaded)
Week 3 Cycle	Toast/Scrambled Egg/Stravaganza/Bacon Choice of Fruit/ Cereal/Toast/Juice/Milk Spaghetti & Meatballs w/ Sauce Romaine Tossed Salad, Par-Baked Breadstick Green Beans/Glazed Carrots, Apple (Strawberry Cheesecake Yogurt-MCHS Only) (Chocolate Chip Cookie - MCHS Only) MCHS/MCMS Fast Food Line: Corn Dog & Doritos or Funyuns MCHS Only: Turkey or Ham Deli (Availability)	French Toast Stix / Link Sausage Choice of Fruit/ Cereal/Toast/Juice/Milk Breaded Chicken Sandwich or Cheese Sticks w/ Marinara Sauce Lettuce, Tomato, Pickles, Onion Potato Wedges/Broccoli & Cheese Baked Beans/Banana Pudding Peach Slices MCHS/MCMS Fast Food Line: Pepperoni Pizza (Square Cut) MCHS Only: Chef Salad & Crackers/ Par Bake Breadstick	Cinnamon Toast & Oatmeal or Ham, Egg, & Cheese Biscuit Choice of Fruit/ Cereal/Toast/Juice/Milk Taco Salad w/ Meat Sauce & Doritos Or Pepperoni Cheese Calzone Lettuce, Tomato, Pickles, Onion Cob Refried Beans, Sour Cream, Cantaloupe Cup Apple Crisp (MCHS Only) MCHS/MCMS Fast Food Line: Pepperoni & Cheese Calzone MCHS Only: Ham Sandwich	Pancake/Sausage Wrap on Stick Choice of Fruit/ Cereal/Toast/Juice/Milk Chicken Fettucine w/ Garlic Bread Carrots/Celery Stick/Ranch Dip Banana/Orange Frozen Sidekick (Cherry or Kiwi-Strawberry) MCHS/MCMS Fast Food Line: Burrito MCHS Only: Chef Salad & Crackers/Bosco Stick	Chicken Vittles or Choice of Fruit/ Cereal/Toast/Juice/Milk 5" Personal Pizza (Pepperoni or Cheese) Romaine Tossed Salad Whole Kernel Corn, Mandarin Oranges, Grapes Whipped Chocolate Parfait MCHS/MCMS Fast Food Line: Turkey or Ham Deli (Availability) MCHS Only: Baked Potato (Loaded)
Week 4 Cycle	French Toast Stix/Sausage Link Choice of Fruit/ Cereal/Toast/Juice/Milk Lasagna & Garlic Bread or Pepperoni Cheese Calzone Romaine Tossed Salad/Green Beans WG Chocolate Chip Cookie Apple MCHS/MCMS Fast Food Line: Corn Dog & Doritos or Funyuns MCHS Only: Turkey or Ham Deli (Availability)	Pig-in-the-Blanket Choice of Fruit/ Cereal/Toast/Juice/Milk Hamburger or Cheeseburger or Max Taco Snack Cavendish Seasoned French Fries Lettuce, Tomato, Pickles, Onion Baked Beans, Orange, Banana Frozen Sidekick (Sunbelievable or Blue Raspberry) MCHS/MCMS Fast Food Line: Pepperoni Pizza (Square Cut) MCHS Only: Chef Salad/Crackers/Bosco Stick	Blueberry Muffin or Ham, Egg, & Cheese Biscuit Choice of Fruit/ Cereal/Toast/Juice/Milk Vegetable Beef Soup w/ Pimento Cheese Sandwich, Crackers Grape Cup Carrot Cup w/ Ranch Dip MCHS/MCMS Fast Food L Pepperoni & Cheese Calzone MCHS Only: Turkey or Ham Deli (Availability)	Biscuit & Sausage or Choice of Fruit/ Cereal/Toast/Juice/Milk Tyson Mesquite or Breaded Drumstick or Deli Turkey Sandwich Scalloped Potatoes, Broccoli & Cheese Mandarin Oranges, WG Roll (Granola Blueberry/Strawberry Parfait-MCHS Only) MCHS/MCMS Fast Food Line Turkey or Ham Deli (Availability)MCHS Only: Chef Salad & Crackers/ Par Baked Breadstick	Steak Biscuit or Donuts Choice of Fruit/ Cereal/Toast/Juice/Milk Meatloaf or Chili Cheese Crispito Mashed Potatoes/Green Beans, WG Roll Romaine Tossed Salad, Banana (Apple Crisp – MCHS Only) MCHS/MCMS Fast Food Line: 5" Personal Pizza (Pepperoni or Cheese) MCHS Only: Baked Potato (Loaded)

Daily Milk Options

1% White & 1% Chocolate

Grab-n-Go Breakfast @ MCHS & MCMS

Poptarts – Brown Sugar Cinnamon or Strawberry
MWafflesMini

Weekly Juice/Fruit Options

Apple, Orange, Grape, Sunsp 100% Veggie
Apples, Bananas, Oranges, Grapes