

Breakfast Menu for Metcalfe County Middle

May 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Pancakes and Sausage Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	2	Breakfast Pizza 100% Fruit Juice Seasonal Fresh Fruit	3	Assorted Pastries Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	4	Chicken Biscuit Banana Split Parfait 100% Fruit Juice Seasonal Fresh Fruit	5	Bacon Egg & Cheese Biscuit Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit
8	Biscuit & Gravy Sausage Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	9	Breakfast Pizza 100% Fruit Juice Seasonal Fresh Fruit	10	Assorted Muffins Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	11	Chicken Biscuit Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit	12	Bacon Egg & Cheese Biscuit Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit
15	Biscuit & Gravy Sausage Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	16	Breakfast Pizza 100% Fruit Juice Seasonal Fresh Fruit	17	Assorted Muffins Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	18	Chicken Biscuit Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit	19	Bacon Egg & Cheese Biscuit Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit
22	Biscuit & Gravy Sausage Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	23	Breakfast Pizza 100% Fruit Juice Seasonal Fresh Fruit	24	Assorted Muffins Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	25	Chicken Biscuit Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit	26	Cereals, Pop Tarts, Muffins 100% Fruit Juice Seasonal Fresh Fruit

Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

1% or Fat Free
White or Flavored Milk
Available Daily!

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).



This institution is an equal opportunity provider.

Lunch Menu for Metcalfe County Middle

May 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chicken Fingers Salisbury Steak Whole Kernel Corn Mashed Potatoes Green Beans & Roll Fresh Veggie Cup Assorted Fruit	2	Chicken Fajitas Chips and Salsa Queso Refried Beans Veggies Cup Fruit Cup	3	Sloppy Joes Fish Sandwich Tater Tots Cole Slaw Mac And Cheese Fresh Veggie Cup Ice Cream	4	Beef Tacos Side Salad Chips & Salsa Refried Beans Queso Veggie Cup Fruit	5	Chili Dogs Tater Tots Cole Slaw Fresh Veggie Cup Fresh Fruit Fresh Baked Cookie
8	Pepperoni Pizza Corn Dog Baked Chips Whole Kernel Corn Side Salad Fruit & Veggie Cups Fresh Baked Cookie	9	Extreme Nachos Beef Tacos Side Salad Chips & Salsa Refried Beans Fresh Veggie Cup Assorted Fresh Fruit	10	Buffalo Chicken Dip Hot Ham & Cheese Tostitos Scoops Side Salad Fresh Veggie Cup Fresh Fruit Brownie	11	Spaghetti w/ Meat Sauce Baked Potato Bar Side Salad Breadstick Fresh Veggie Cup Assorted Fresh Fruit	12	Chicken Fillet w/ Bun Pizza Rolls Green Peas Waffle Fries Fresh Veggie Cup Mandarin Oranges Assorted Fresh Fruit
15	Cheeseburger Onion Rings Corn on the Cob Fresh Veggie Cup Fruit Cup Ice Cream	16	McRib Sandwich Deli Subs Potato Salad Side Salad Fresh Veggie Cup Fresh Fruit Brownie	17	Boneless Wings Baked Chips Mozzarella Sticks Fruit & Yogurt Parfait Fresh Veggies Assorted Fresh Fruit	18	Pork BBQ Sandwiches Potato Salad Cole Slaw Fresh Veggie Cup Fruit Cup Rice Krispy Square	19	Burgers & Dogs Baked Chips Baked Beans Watermelon Cookies
22	Chicken Fingers Salisbury Steak Whole Kernel Corn Mashed Potatoes Green Beans & Roll Fresh Veggie Cup Assorted Fruit	23	Pepperoni Calzone Baked Chips Whole Kernel Corn Side Salad Veggie Cup Fruit Brownie	24	Cheeseburger French Fries Baked Beans Mac & Cheese Veggie Cup Fruit	25	Pepperoni Pizza Baked Chips Whole Kernel Corn Fresh Baked Cookie Ice Cream	26	Sack Lunches

Salad Boxes or Sandwich Boxes are available daily!

1% or Fat Free
White or Flavored Milk
Available Daily!

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Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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