



**Michigan City Area Schools
HIGH SCHOOL
2024 Fall Menu**

Breakfast and Lunch are FREE to all MCAS students!

*Lunch includes your choice of entrée, low-fat milk, a grain, *fruit and veggie sides.*

*(Must choose at least three items with *one being a fruit or veggie.)*

Breakfast includes entrée, fruit, low-fat milk and 100% fruit juice. (Choose a minimum of 3 items with one being a fruit or veggie.) • Nicole Santana, Director, (219) 873-2131 • Visit us on Facebook



	Monday	Tuesday	Wednesday	Thursday	Friday
Line 1	Giant Soft Pretzel/Cheese Hot n Spicy or Regular Chicken Sandwich Green Beans	Meatball Ramen Bowl Beef Hot Dog Mixed Vegetables Tater Tots	Buffalo Chicken Dip with Corn Chips Rodeo Burger Roasted Corn	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Chicken Alfredo Flatbread	Chicken Nuggets Cowboy Quesadilla Mashed Potatoes & Gravy Baked Beans
Line 2	Giant Soft Pretzel/Cheese Hot n Spicy or Regular Chicken Sandwich Green Beans	Meatball Ramen Bowl Beef Hot Dog Mixed Vegetables Tater Tots	Buffalo Chicken Dip with Corn Chips Rodeo Burger Roasted Corn	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Chicken Alfredo Flatbread	Chicken Nuggets Cowboy Quesadilla Mashed Potatoes & Gravy Baked Beans
Line 3	Chicken Carbonara Cheese Pizza Roasted Brussels Sprouts	Flavored Hot Wings Carrots & Celery with Ranch Dip Biscuit & Honey Bosco Sticks	Zesty Broccoli Cheddar Soup & Crackers Pepperoni Pizza Glazed Carrots	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Jalapeno Grilled Cheese	Brunch for Lunch Pancakes/Sausage Hash Browns Hot Cinnamon Apples Chef's Pizza Du Jour
Line 4	Chicken Carbonara Cheese Pizza Roasted Brussels Sprouts	Flavored Hot Wings Carrots & Celery with Ranch Dip Biscuit & Honey Bosco Sticks	Zesty Broccoli Cheddar Soup & Crackers Pepperoni Pizza Glazed Carrots	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Jalapeno Grilled Cheese	Brunch for Lunch Pancakes/Sausage Hash Browns Hot Cinnamon Apples Chef's Pizza Du Jour
Line 5	Build Your Own Pizza Bar	Bosco Sticks	Build Your Own Pizza Bar	Build Your Own Pizza Bar	Chef's Pizza Du Jour
	Fresh Greens Apple Slices Sliced Pears Broccoli Salad Breadstick	Fresh Greens Celery & Carrot Sticks Fresh Fruit Asian Slaw Breadstick	Fresh Greens Sliced Tomato, Pickles Orange Wedges Pasta Salad Breadstick	Fresh Greens Diced Tomatoes Jalapenos, Salsa Pineapple Fresh Fruit Mexi' Corn Salad Breadstick	Fresh Greens Sliced Peaches Coleslaw Roasted Garbanzo Beans Breadstick
	Mini Cinni or Pull Apart Mini Bagels or Cereal	Breakfast Pizza or Lemon Loaf or Cereal	Biscuits & Gravy or Cereal Bar or Cereal	Yogurt Parfait or Confetti Pancakes or Cereal	Sausage, Egg & Cheese Biscuit or Banana Bread or Cereal

**Market Fresh Deli
Sandwiches Daily**

- Monday-Chicken Salad
Croissant or Asian Chicken
Wrap
- Tuesday-Sweet & Spicy
Chicken Wrap
- Wednesday-All American Sub
- Thursday-Italian Sub
- Friday-Ham & Cheese Deli

Everyday: **PB&J Pack
Protein Box**

Market Fresh Salads Daily

- Monday-**Buffalo Chicken**
- Tuesday-**Grilled Chicken
Spinach**
- Wednesday-**Teriyaki
Chicken**
- Thursday-**Taco**
- Friday-**Veggie or Chef**

Fruits & Veggies
Choose up to 4 Sides
with your entrée!

Breakfast
Includes daily
Fruit, Juice and Milk

What Makes a Meal?

Choose at least 3 colors to make a full meal!

Choose **MyPlate.gov**

One item must be a fruit or vegetable!