



Michigan City Area Schools MIDDLE SCHOOLS 2024 Fall Menu

All MCAS operate under the Community Eligibility Program.

Breakfast and Lunch will be served at no charge. All meals include low fat milk.

Office of Food Services • 1100 S. Woodland Ave. • Michigan City, IN 46360 • (219) 873-2131
www.mcas.k12.in.us/food • Nicole Santana, Director • Visit us on Face book



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Giant Pretzel/Cheese Dip Hamburger/Cheeseburger Sidewinders/Green Beans	Beef Hot Dog Italian Grinder Spicy Baked Beans	Sriracha Wings Jalapeno Grilled Cheese Baked Fries	Louisiana Chicken Sandwich Pork Cubano Sandwich Glazed Carrots	Pepperoni Dippers Spicy/Regular Chicken Sandwich Marinara Sauce
Week 2	Tangerine Chicken Bosco Sticks Fried Rice Green Beans	Baked Chicken Leg Spaghetti with Meat Sauce Garlic Bread Broccoli & Cheese	Italian Chicken Bake Sloppy Joe Tater Tots/Steamed Corn	Birria Tacos Meatball Raman Woodle Bar Glazed Carrots	Deep Dish Pizza Pepperoni or Cheese Philly Steak Grinder Mixed Vegetable
Week 3	Macaroni & Cheese BBQ Pork Quesadilla Steamed Broccoli	Breakfast for Lunch Hot Cinnamon Apples Zesty Broccoli Cheddar Soup/Crackers	Cheeseburger Sliders Chicken Nuggets Baked Fries	Nacho Supreme Refried Beans/Salsa Beef, Bean & Potato Burrito Steamed Corn	Bosco Sticks Rodeo Burger Marinara Sauce Sweet Potato Fries

Don't see an entrée you like? Try one of our delicious **Deli Sandwich or Salad Entrees**

Deli Sandwich Options:

- M Chicken Salad Croissant
- T Asian Chicken Wrap
- W Classic Italian Sub
- Th Chipotle Turkey Wrap
- F Ham & Cheese Deli

Deli Salad Options:

- Chef Salad
- Meatless Chef

Alternate Lunch Choices:

- Protein Box
- PBJ Uncrustable Combo
- Yogurt Pack Combo

HARVEST BAR - Choose up to 4 sides with your entrée

	Monday	Tuesday	Wednesday	Thursday	Friday
HARVEST BAR	Salad Greens, Sliced Tomatoes, Pickle Slices, Mandarin Oranges, Peaches, Dinner Roll	Salad Greens, Diced Tomatoes, Celery Sticks, Orange Wedges, Roasted Garbanzo Beans, Dinner Roll	Salad Greens, Sliced Tomatoes, Baby Carrots, Broccoli Buds, Sliced Pears, Dinner Roll	Salad Greens, Diced Tomatoes, Salsa, Sliced Cucumbers, Pineapple, Broccoli Salad, Dinner Roll	Salad Greens, Fresh Veggies, Fresh Fruit, Applesauce Cup, Marinara Sauce, Dinner Roll

BREAKFAST - Includes 100% juice and milk

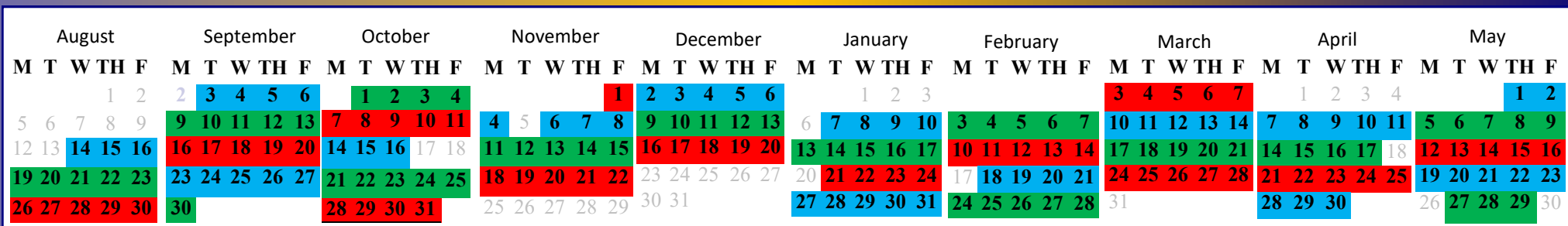
Monday	Tuesday	Wednesday	Thursday	Friday
Mini Cinni or Pull Apart Mini Bagels or Cereal	Breakfast Pizza or Lemon Loaf or Cereal	Biscuit & Gravy Bites or Cereal Bar or Cereal	Yogurt Parfait or Confetti Pancakes or Cereal	Sausage, Egg & Cheese Biscuit or Banana Bread or Cereal

What Makes a Meal?

Choose at least 3 colors to make a full meal!



One item must be a fruit or vegetable!



This institution is an equal opportunity provider.
Menu subject to change without notice due to product availability.

