



# Michigan City Area Schools 2024 Fall Elementary Menu

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 Facebook

All MCAS Students Receive Breakfast and Lunch at **No Charge**. All meals include low fat milk.



## Cycle Week 1

### MONDAY

Chicken Nuggets  
Dinner Roll  
Mashed Potatoes/Gravy  
Corn  
Fresh Fruit

### TUESDAY

Turkey Sub  
Sun Chips  
Baby Carrots/  
Cauliflower & Dip  
Diced Pears

### WEDNESDAY

Beef Hot Dog  
Waffle Fries  
Spicy Baked Beans  
Diced Peaches

### THURSDAY

Italian Chicken Bake  
Garlic Bread  
Steamed Broccoli  
Grapes

### FRIDAY

★ Cheese or Pepperoni  
Pizza  
Super Salad  
Green Beans  
Apple Slices

## Cycle Week 2

### MONDAY

Giant Soft Pretzel ★  
With Cheese  
Potato Wedges  
Glazed Carrots  
Diced Pears

### TUESDAY

Pancakes ★  
Sausage Patty  
Hashbrowns  
Fruitable Juice  
Hot Cinnamon Apples

### WEDNESDAY

Sloppy Joe Sandwich  
Crinkle Cut Pickle Chips  
Veggie Cup  
Orange Wedges

### THURSDAY

Nachos w/Meat & Cheese  
Refried Beans  
Salsa  
Pepper Strips  
Pineapple

### FRIDAY

★ French Bread Cheese Pizza  
Roasted Corn  
Fresh Broccoli  
Fruit Cup

## Cycle Week 3

### MONDAY

Chicken Sandwich  
Sidewinder Potatoes  
Steamed Peas  
Fruit Cup

### TUESDAY

Macaroni & Cheese ★  
Cornbread Loaf  
Steamed Broccoli  
Baby Carrots  
Applesauce Cup

### WEDNESDAY

Hamburger or  
Cheeseburger  
Crinkle Cut Pickle Chips  
Tater Tots  
Spicy Baked Beans  
Frozen Fruit Cup

### THURSDAY

Ramen Noodles  
Teriyaki Meatballs  
Mixed Veggies  
Super Salad  
Mandarin Oranges

### FRIDAY

★ Cheese or Pepperoni Pizza  
Garden Salad  
Roasted Corn  
Frozen Slush Cup

## Cycle Week 4

### MONDAY

Beef Rotini  
Garlic Bread  
Steamed Peas  
Fruit Cup

### TUESDAY

French Toast ★  
Sausage Link  
Tater Tots  
Fruitable Juice  
Grapes

### WEDNESDAY

Chicken Leg  
Mashed Potatoes/Gravy  
Dinner Roll  
Green Beans  
Apple Slices

### THURSDAY

Ham & Cheese Sliders  
Roasted Corn  
Baby Carrots  
Diced Peaches

### FRIDAY

★ Mozzarella Cheese Sticks  
Marinara Sauce  
Garden Salad  
Steamed Broccoli  
Orange Slices

## Fuel Up With Breakfast!

### Weeks 1 & 3

#### Monday

Pull Apart Mini Bagels ★

#### Tuesday

Breakfast Pizza

#### Wednesday

Yogurt Parfait ★

#### Thursday

Sausage, Egg & Cheese  
Biscuit

#### Friday

Confetti Pancakes ★

### Weeks 2 & 4

#### Monday

WG Donut Pack ★

#### Tuesday

Egg Omelet ★

#### Wednesday

Peach Parfait ★

#### Thursday

Banana Bread ★

#### Friday

Sausage Biscuit

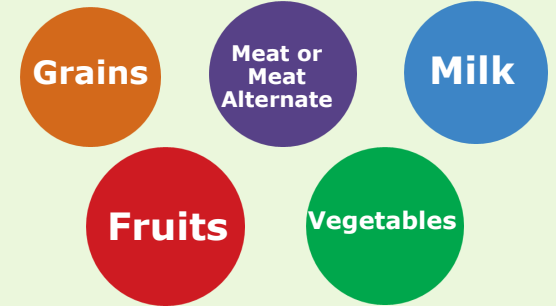
**Breakfast includes 100%  
juice, fruit & low fat milk**

*Kellogg's® Reduced Sugar/  
Whole Grain*

*Cereal offered as a second  
choice every morning!*

## What Makes a Meal?

Choose at least 3 colors to make a full meal!



One item must be a fruit or vegetable!

- ★ Meatless Entrée
- ▲ May Contain Pork
- May Contain Nuts



AVAILABLE AS A SECOND CHOICE ENTRÉE  
INCLUDES THE REGULAR MENU SIDE DISHES AND MILK

- ★○ PBJ Sandwich Combo-Monday, Wednesday, Friday
- ★ Yogurt Combo-Tuesday, Thursday

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