

# MPCSD FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>4</b> - Vegan Fried Rice	<b>5</b> - Vegan Burrito Bowl	<b>6</b> - Myo Vegan Tacos	<b>7</b> - Vegan Chickpea Tikka Masala
<b>10</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>11</b> - Vegan Spanish Beans W/ Cilantro Lime Rice	<b>12</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>13</b> - Vegan Fried Rice	<b>14</b> - Vegan Burrito Bowl
<b>17</b> February Break	<b>18</b> February Break	<b>19</b> February Break	<b>20</b> February Break	<b>21</b> February Break
<b>24</b> - Vegan Fried Rice	<b>25</b> - Vegan Burrito Bowl	<b>26</b> - Myo Vegan Tacos	<b>27</b> - Vegan Chickpea Tikka Masala	<b>28</b> - Vegan Pinto Pozole W/ Tortilla Chips

## Drinks

This institution is an equal opportunity provider and employer



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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# MPCSD FEBRUARY



LUNCH K-8 2024 - 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> - Cheeseburger - Chicken Enchiladas - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Cobb Salad Wrap - Bagel Kit	<b>4</b> - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Big Kahuna Tuna Wrap - Bagel Kit	<b>5</b> - Sesame Orange Chicken W/ Rice - Mr. Mike's Bbq Chicken Sandwich - Cheese Quesadilla - Farmer's Market Chicken Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	<b>6</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - Bean & Cheese Burrito - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	<b>7</b> - Pepperoni Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Chicken Caesar Wrap - Italian Market Salad - Bagel Kit
<b>10</b> - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Curry Fried Rice - Sunbutter & Jelly Sandwich - Chicken Bacon Ranch Wrap - Bagel Kit	<b>11</b> - Sloppy Joe - Chicken Burrito - Veggie Chow Mein - Bbq Chicken Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit	<b>12</b> - Beef Tamale W/ Spanish Rice - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella - Yogurt Berry Parfait W/ Muffin - Pesto Caprece Salad - Bagel Kit	<b>13</b> - Breaded Chicken Sandwich - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac And Cheese - Farmer's Market Egg Salad W/ Dinner Roll - Turkey & Cheese Hoagie - Bagel Kit	<b>14</b> - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Italian Deli Sub - Bagel Kit
<b>17</b> February Break	<b>18</b> February Break	<b>19</b> February Break	<b>20</b> February Break	<b>21</b> February Break
<b>24</b> - Hamburger - Wet Beef Burrito - Vegan Fried Rice - Egg Salad Sandwich - Spicy Chicken Wrap - Bagel Kit	<b>25</b> - Pesto Chicken Sandwich - Sweet And Sour Chicken - Cheese Enchiladas - Italian Deli Sub - Cobb Salad Wrap - Bagel Kit	<b>26</b> - Buffalo Chicken Hoagie - Teriyaki Chicken W/ Rice & Veggies - Minestrone Soup & Roll - Yogurt Berry Parfait W/ Muffin - Breaded Chicken Wrap - Bagel Kit	<b>27</b> - Breaded Chicken Sandwich - Chicken Enchiladas - Cheesy Bean Dip W/ Tortilla Chips - Breaded Chicken Salad - Sunbutter & Jelly Sandwich - Bagel Kit	<b>28</b> - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Turkey & Cheese Sandwich - Bagel Kit

## Drinks

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# MPCSD FEBRUARY



BREAKFAST K-12 2024 - 2025 AC

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>4</b> - Breakfast Scones - Breakfast Cereal	<b>5</b> - Concha - Breakfast Cereal	<b>6</b> - Sunbutter & Jelly Sandwich - Breakfast Cereal	<b>7</b> - Cowboy Bread - Breakfast Cereal
<b>10</b> - Breakfast Muffins - Breakfast Cereal	<b>11</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>12</b> - Apple Cinnamon Frudel - Breakfast Cereal	<b>13</b> - Yogurt W/ Grahams - Breakfast Cereal	<b>14</b> - Hard Boiled Egg W/ Mini Muffin - Breakfast Cereal
<b>17</b> February Break	<b>18</b> February Break	<b>19</b> February Break	<b>20</b> February Break	<b>21</b> February Break
<b>24</b> - Bagel W/ Cream Cheese - Breakfast Cereal	<b>25</b> - Breakfast Muffins - Breakfast Cereal	<b>26</b> - Hard Boiled Egg W/ Mini Muffin - Breakfast Cereal	<b>27</b> - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal	<b>28</b> - Cherry Frudel - Breakfast Cereal

## Drinks

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ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



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VEGETARIAN



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MPCSD  
**FEBRUARY**

Vegan / Gluten  
Free



Date	Menu Item		Allergens
<b>Monday 3</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
<b>Tuesday 4</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Wednesday 5</b>	Vegan Burrito Bowl	V	Tomato, Soy
<b>Thursday 6</b>	Myo Vegan Tacos	V	Soy
<b>Friday 7</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
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<b>Monday 10</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
<b>Tuesday 11</b>	Vegan Spanish Beans W/ Cilantro Lime Rice	V	Tomato, Soy
<b>Wednesday 12</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
<b>Thursday 13</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Friday 14</b>	Vegan Burrito Bowl	V	Tomato, Soy
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<b>Monday 24</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Tuesday 25</b>	Vegan Burrito Bowl	V	Tomato, Soy
<b>Wednesday 26</b>	Myo Vegan Tacos	V	Soy
<b>Thursday 27</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
<b>Friday 28</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy

MPCSD  
**FEBRUARY**

LUNCH K-8 2024 -  
2025



Date	Menu Item	Allergens
<b>Monday 3</b>	Cheeseburger	Wheat, Soy, Milk, Beef, Sesame
	Chicken Enchiladas	Soy, Milk, Chicken, Tomato, Sesame
	Pasta X Plosion!	Veg Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Veg Wheat, Soy, Sesame
	Cobb Salad Wrap	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
	<b>Tuesday 4</b>	Spaghetti W/ Beef Meatsauce
Beef Hot Dog		Wheat, Soy, Beef, Sesame
Black Bean & Veggie Burrito		Veg Milk, Wheat, Tomato
Teriyaki Chicken Sushi Bowl		Wheat, Soy, Chicken, Sesame
Big Kahuna Tuna Wrap		Veg Wheat, Soy, Egg, Milk, Fish
Bagel Kit		Veg Wheat, Soy, Milk, Sesame
<b>Wednesday 5</b>	Sesame Orange Chicken W/ Rice	Wheat, Soy, Chicken, Sesame
	Mr. Mike's Bbq Chicken Sandwich	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Cheese Quesadilla	Wheat, Milk
	Farmer's Market Chicken Salad W/ Dinner Roll	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Turkey & Cheese On Dutch Crunch	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Thursday 6</b>	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Beef Chili W/ Cornbread	Wheat, Soy, Egg, Milk, Beef, Tomato
	Bean & Cheese Burrito	Veg Milk, Wheat, Soy
	Hummus Rainbow Wrap	Veg Wheat
	Southwest Veggie Taco Salad W/ Tortilla Chips	Milk, Soy, Tomato, Egg
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Friday 7</b>	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg Wheat, Soy, Milk, Tomato
	Bbq Chicken W/ Rice Pilaf	Chicken, Tomato
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Italian Market Salad	Wheat, Soy, Milk, Pork, Beef, Turkey
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Monday 10</b>	Hamburger	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Veg Wheat, Milk
	Curry Fried Rice	Veg Wheat, Soy, Egg, Sesame
	Sunbutter & Jelly Sandwich	Veg Wheat, Soy, Sesame
	Chicken Bacon Ranch Wrap	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Tuesday 11</b>	Sloppy Joe	Wheat, Soy, Beef, Tomato
	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Veggie Chow Mein	Veg Wheat, Soy, Egg, Sesame
	Bbq Chicken Wrap	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish
	Athenian Chicken Salad W/ Pita Triangles	Milk, Chicken, Wheat, Tomato, Pork

	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Wednesday 12</b>	Beef Tamale W/ Spanish Rice		Soy, Milk, Beef, Tomato
	Chicken Chow Mein		Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella	Veg	Wheat, Egg, Milk, Tomato
	Yogurt Berry Parfait W/ Muffin	Veg	Wheat, Egg, Milk, Soy
	Pesto Caprece Salad	Veg	Wheat, Milk, Tomato
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Thursday 13</b>	Breaded Chicken Sandwich		Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta		Chicken, Wheat, Milk, Tomato
	Mac And Cheese	Veg	Wheat, Milk
	Farmer's Market Egg Salad W/ Dinner Roll		Wheat, Soy, Egg, Milk, Sesame
	Turkey & Cheese Hoagie		Wheat, Milk, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Friday 14</b>	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza		Wheat, Soy, Milk, Pork, Chicken, Tomato
	Chicken Caesar Salad W/ Dinner Roll		Wheat, Soy, Egg, Milk, Chicken, Fish, Sesame
	Italian Deli Sub		Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
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<b>Monday 24</b>	Hamburger		Wheat, Soy, Beef, Sesame
	Wet Beef Burrito		Wheat, Soy, Milk, Beef
	Vegan Fried Rice	V	Soy, Sesame
	Egg Salad Sandwich		Wheat, Soy, Egg, Sesame
	Spicy Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Tuesday 25</b>	Pesto Chicken Sandwich		Chicken, Milk, Wheat, Soy
	Sweet And Sour Chicken		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Enchiladas	Veg	Milk, Soy, Tomato
	Italian Deli Sub		Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame
	Cobb Salad Wrap		Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Wednesday 26</b>	Buffalo Chicken Hoagie		Wheat, Soy, Milk, Chicken
	Teriyaki Chicken W/ Rice & Veggies		Wheat, Soy, Chicken, Sesame
	Minestrone Soup & Roll	Veg	Wheat, Soy, Egg, Tomato, Sesame
	Yogurt Berry Parfait W/ Muffin	Veg	Wheat, Egg, Milk, Soy
	Breaded Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Thursday 27</b>	Breaded Chicken Sandwich		Wheat, Soy, Milk, Chicken, Sesame
	Chicken Enchiladas		Soy, Milk, Chicken, Tomato, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		Milk, Soy
	Breaded Chicken Salad		Wheat, Soy, Egg, Milk, Chicken, Tomato, Sesame
	Sunbutter & Jelly Sandwich	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Friday 28</b>	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza		Wheat, Soy, Milk, Pork, Chicken, Tomato
	Chicken Caesar Salad W/ Dinner Roll		Wheat, Soy, Egg, Milk, Chicken, Fish, Sesame
	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame



MPCSD  
**FEBRUARY**

**BREAKFAST K-12**  
**2024 - 2025 AC**



Date	Menu Item	Allergens
<b>Monday 3</b>	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 4</b>	Breakfast Scones	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 5</b>	Concha	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 6</b>	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Friday 7</b>	Cowboy Bread	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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<b>Monday 10</b>	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 11</b>	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 12</b>	Apple Cinnamon Frudel	Veg Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 13</b>	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Friday 14</b>	Hard Boiled Egg W/ Mini Muffin	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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<b>Monday 24</b>	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 25</b>	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 26</b>	Hard Boiled Egg W/ Mini Muffin	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 27</b>	Cinnamon Raisin Bagel W/ Cream Cheese	Wheat, Pork, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Friday 28</b>	Cherry Frudel	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef