



**Michigan City Area Schools
MIDDLE SCHOOLS
2025 Winter Menu**

All meals include entrée, vegetable, low fat milk and fruit.

Follow us on Facebook at Michigan City Area Schools Office of Food Services.

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Giant Pretzel/Cheese Dip Hamburger/Cheeseburger Sidewinders/Green Beans	<i>Breakfast for Lunch</i> Pancake Bites w/Scrambled Eggs and Ham BBQ Quesadilla Garlic Redskin Potatoes	Jalapeno Grilled Cheese Chicken Nuggets Baked Fries	Flavored Wings w/Dinner Roll Macaroni and Cheese w/Chez-Its Steamed Broccoli	French Bread Pizza Spicy/Regular Chicken Sandwich Roasted Cinnamon Maple Carrots
Week 2	Orange Chicken w/ Veggie Fried Rice Bosco Sticks Mixed Vegetables	Baked Chicken Leg w/Dinner Roll Philly Steak Grinder Mashed Potatoes	Fiestada Pizza Bacon Cheddar Burger Roasted Cinnamon Maple Carrots	Chicken and Waffle w/Hot Cinnamon Peaches Sloppy Joe Tater Tots	Deep Dish Pizza Pepperoni or Cheese Italian Chicken Bake Steamed Broccoli
Week 3	Rotini w/Garlic Bread Hot Turkey & Cheese Sandwich	Fajita Chicken Bowl Chili w/Cornbread Loaf Steamed Corn	Beef Hot Dog Sriracha Wings Onion Rings Sweet & Spicy Baked Beans	Nacho Supreme Refried Beans/Salsa Mozzarella Sticks w/Marinara	Stuffed Crust Cheese or Pepperoni Pizza Cheeseburger Sliders Sweet Potato Wedges

HARVEST BAR - Choose up to 4 sides with your entrée

	Monday	Tuesday	Wednesday	Thursday	Friday
HARVEST Bar	Salad Greens, Tomatoes, Green Pepper Slices, Garbanzo Beans, Pears	Salad Greens, Celery Sticks, Broccoli Buds, Diced Tomatoes, Oranges	Salad Greens, Tomatoes, Sliced Cucumbers, Mixed Blueberries and Strawberries	Salad Greens, Baby Carrots, Celery Sticks, Green Pepper Slices, Apple Slices	Salad Greens, Mixed Fresh Veggies, Fruit Cup

BREAKFAST - Includes 100% juice and milk

Monday	Tuesday	Wednesday	Thursday	Friday
Omelet, Pumpkin Bread or Cereal	Breakfast Pizza, Benefit Bar or Cereal	Froot Loop Waffle, Pumpkin Bread or Cereal	Breakfast Pizza Bagel, Benefit Bar or Cereal	Ham & Cheese on Croissant, Mini Cinni, or Cereal

December	January	February
M T W T H F	M T W T H F	M T W T H F
1 2 3 4 5		2 3 4 5 6
8 9 10 11 12	1 2	9 10 11 12 13
15 16 17 18 19	5 6 7 8 9	16 17 18 19 20
22 23 24 25 26	12 13 14 15 16	23 24 25 26 27
29 30 31	19 20 21 22 23	
	26 27 28 29 30	

Each day students are entitled to one free breakfast and lunch meal due to the USDA's Community Eligibility Provision Act.

A la cart items are available for purchase in some buildings. Funds can be added to student accounts at <https://linqconnect.com/main>.



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

Deli Sandwich Options:

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

Deli Salad Options:

- Chef Salad
- Veggie Salad

Alternate Lunch Choices:

- Protein Box
- PBJ Uncrustable Combo
- Yogurt Parfait

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.

