



**Michigan City Area Schools
HIGH SCHOOL
2025-26 Winter Menu
(December, January, February)**

One Breakfast and Lunch meal daily is 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 or vegetable, low-fat milk and 100% fruit juice. (Choose a minimum of 3 components with one being a fruit or veggie.) • Chef Britney Rodriguez, Director, (219) 873-2131 •



	Monday	Tuesday	Wednesday	Thursday	Friday
Line 1	Chili with Cornbread Loaf Hot n Spicy or Regular Chicken Sandwich Green Beans	Asian Chicken w/Veggie Fried Rice BBQ Chicken Quesadilla Roasted Cinnamon Maple Carrots	Mashed Potato Bowl w/Popcorn Chicken, Corn and Gravy Bacon Cheeseburger	Nacho Grande! Beef, Fiesta Rice, Cheese and Tortilla Chips Buffalo Chicken Wrap	Mac & Cheese w/Chez-Its Beef Hot Dog Steamed Broccoli
Line 2	Chili with Cornbread Loaf Hot n Spicy or Regular Chicken Sandwich Green Beans	Asian Chicken w/Veggie Fried Rice BBQ Chicken Flatbread Roasted Cinnamon Maple Carrots	Mashed Potato Bowl w/Popcorn Chicken, Corn and Gravy Bacon Cheeseburger	Nacho Grande! Beef, Fiesta Rice, Cheese and Tortilla Chips Buffalo Chicken Wrap	Mac & Cheese w/Chez-Its Beef Hot Dog Steamed Broccoli
Line 3	Build Your Own Sandwich Cheese Pizza	Flavored Hot Wings Biscuit w/Honey Bosco Sticks	Build Your Own Salad	Burrito Bowl! Fajita Chicken, Cilantro Lime Rice, Cheese and Tortilla or Chips	Brunch for Lunch Roasted Potatoes Hot Cinnamon Apples Chef's Pizza Du Jour
Line 4	Build Your Own Sandwich Cheese Pizza	Flavored Hot Wings Biscuit w/Honey Bosco Sticks	Build Your Own Salad	Burrito Bowl! Fajita Chicken, Cilantro Lime Rice, Cheese and Tortilla or Chips	Brunch for Lunch Roasted Potatoes Hot Cinnamon Apples Chef's Pizza Du Jour
Line 5	Cheese Pizza	Bosco Sticks	Pepperoni Pizza	Build Your Own Pizza Bar	Chef's Pizza Du Jour
 Choose up to 4 Sides with your entrée!	Fresh Salad Greens Broccoli Salad Sliced Pears Pumpkin Applesauce	Fresh Salad Greens Celery & Carrot Sticks Green Pepper Strips Roasted Garbanzo Beans Fresh Fruit	Fresh Salad Greens Sliced Tomatoes & Pickles Pasta Salad Breadstick Mixed Blueberries and Strawberries	Fresh Salad Greens Diced Tomatoes Jalapenos & Salsa Black Bean and Corn Salsa Fresh Fruit	Fresh Salad Greens Fresh Vegetables Fruitable Sliced Peaches Fresh Fruit
 Includes daily Fruit, Juice and Milk	Cheese Omelet, Froot Loop Waffle, Benefit Bar or Cereal	Breakfast Pizza, Pumpkin Bread, Benefit Bar or Cereal	Sausage & Cheese on Biscuit, Mini Cinni, Benefit Bar or Cereal	Breakfast Pizza Bagel (cheese or sausage), Benefit Bar or Cereal	Ham & Cheese on Croissant, Pumpkin Bread, Benefit Bar or Cereal

**Grab and Go Daily Market
Fresh Choices**

- **Monday- Sweet & Spicy Chicken Wrap**
- **Tuesday- Italian Sub**
- **Wednesday- All American Sub**
- **Thursday- Chicken BLT Wrap**
- **Friday- Ham & Cheese Deli**

Everyday: PB&J Pack
Protein Box
Yogurt Parfait

Market Fresh Salads

- **Monday– Chicken & Spinach**
- **Tuesday– Buffalo Chicken or Veggie**
- **Wednesday– Asian Chicken**
- **Thursday– Veggie Salad**
- **Friday- Taco or Veggie**

What Makes a Meal?

Choose at least 3 colors to make a full meal!



One item must be a fruit or vegetable!