



Michigan City Area Schools MIDDLE SCHOOLS 2026 Fall Menu

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

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

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www.mcas.k12.in.us/food • Chef Britney Rodriguez, Director • Visit us on Face book



**Michigan City
Area Schools**
Opportunity • Excellence • Pride

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Honey Sriracha Chicken Mozzarella Sticks w/ Marinara Green Beans	<i>Breakfast for Lunch</i> Pancakes w/ Sausage Patties Fiestada Pizza Hashbrowns	Jalapeno Grilled Cheese Chicken Nuggets SunChips	Nachos Supreme! Beef Taco Meat, Tortilla Chips, Cheese Sauce, Refried Beans, Salsa	French Bread Pizza w/ Marinara Beef Hot Dog Steamed Broccoli
Week 2	Macaroni and Cheese BBQ Rib Sandwich Steamed Broccoli	Steak Burger Roasted Turkey Sandwich Mashed Potatoes & Corn	Orange Chicken w/Veggie Fried Rice Bosco Sticks w/Marinara	Original Chicken Sandwich Philly Steak Flatbread Waffle Fries	Pepperoni or Cheese Pizza Buffalo Ranch Crisps
Week 3	Italian Chicken Bake Teriyaki Beef Dippers Baked Beans Steamed Broccoli	Spicy Chicken Sandwich Turkey Sub SunChips	Breaded Chicken Leg Rotini w/Meat Sauce Mashed Potatoes Roasted Zucchini Fries	Chicken Tenders Pretzel w/Cheese Sauce Mashed Potatoes Corn	Pepperoni or Cheese Pizza French Fries Cinnamon Apples

HARVEST BAR - Choose up to 4 sides with your entrée

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

BREAKFAST - Includes 100% juice and milk

Monday	Tuesday	Wednesday	Thursday	Friday
Maple Chicken Sandwich, Benefit Bar or Cereal	Breakfast Pizza, Benefit Bar or Cereal	Mini Cinni, Benefit Bar or Cereal	Egg Bite w/Hasbrown, Benefit Bar or Cereal	Mini Blueberry Waffle, Benefit Bar or Cereal

Don't see an entrée you like?
Try one of our delicious
**Sandwiches or Salad as your
Entree.**

Sandwich Options:

- Italian Sub
- Ham and Cheese Sandwich
- Chipotle Turkey Sub

Salad Options:

- Chef Salad
- Chicken Caesar Salad
- Buffalo Chicken Salad

Alternate Lunch Choices:

- PBJ Uncrustable
- Yogurt Parfait

What Makes a Meal?

Choose at least 3 colors to
make a full meal!



One item must be a fruit or vegetable!

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



**LINQ
Connect**

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

Special Menu
National School Lunch Week

