

Type School Name Here

MCFI

K-8 Hot Lunch



MCFI NUTRITION SERVICES

**December
2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE				1 BBQ Chicken Sandwich On a Whole Grain Bun Steamed Green Beans Seasonal Lunch Fruit Choice of Milk
4 Chicken Fajitas on Whole Grain Tortillas Taco Sauce Refried Beans Seasonal Lunch Fruit Choice of Milk	5 Philly Cheesesteak Sandwich on a Whole Grain Bun with Mozzarella Cheese Steamed Carrots Seasonal Lunch Fruit Choice of Milk	6 Swedish Meatballs with Whole Grain Pasta Whole Grain Dinner Roll with Margarine Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	7 Chef's Salad with Romaine Lettuce, Turkey Ham, Cheese and Ranch Dressing and Whole Grain Breadstick Or Kid's Classic Domino's Cheese Pizza with Romaine Salad and Ranch Dressing Seasonal Lunch Fruit Choice of Milk	8 Sloppy Joe on a Whole Grain Bun Steamed Peas Seasonal Lunch Fruit Choice of Milk
11 Teriyaki Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	12 Cheeseburger on a Whole Grain Bun Ketchup Baked Beans Seasonal Lunch Fruit Choice of Milk	13 Brunch for Lunch Whole Grain Pancakes (2) with Syrup Breakfast Chicken Sausage (1) String Cheese Sunset Sip Juice Seasonal Lunch Fruit Choice of Milk	14 Harvest Chicken Salad on a Whole Grain Roll Or Kid's Classic Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Cracker Steamed Corn Seasonal Lunch Fruit Choice of Milk	15 Italian Meat Sauce Whole Grain Pasta Whole Grain Breadstick Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk
18 Beef and Cheese Burrito Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk	19 Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Steamed Broccoli Seasonal Lunch Fruit Choice of Milk	20 Build Your Own Sub Turkey Breast, Shredded Lettuce, Cheese on a Whole Grain Roll with Mayo Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk Whole Grain Cookie	21 Grilled Chicken and Romaine on a Whole Grain Flatbread with Ranch Or Kid's Classic Whole Grain Corn Dog with Ketchup Steamed Green Beans Seasonal Lunch Fruit Choice of Milk	22 Homemade Chili with Cheese Whole Grain Cornbread Whole Grain Pasta Seasonal Lunch Fruit Choice of Milk
25 MCFI CLOSED HOLIDAY BREAK	26 MCFI CLOSED HOLIDAY BREAK	27 Sweet and Sour Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	28 Grilled Chicken Romaine Salad with French Dressing and Whole Grain Breadstick Or Kid's Classic Asian-Glazed Boneless Chicken Wings with Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk	29 Homemade Cheese Lasagna Whole Grain Breadstick Steamed Broccoli Seasonal Lunch Fruit Choice of Milk
JANUARY 1 MCFI CLOSED HOLIDAY BREAK	2 Orange Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	3 Loaded Mashed Potato Bowl with Turkey Ham, Shredded Cheese and Broccoli Whole Grain Biscuit Seasonal Lunch Fruit Choice of Milk	4 Grilled Chicken Sandwich on a Whole Grain Bun with Mayo Or Kid's Classic Breaded Chicken Patty Sandwich on a Whole Grain Bun with Mayo Steamed Green Beans Seasonal Lunch Fruit Choice of Milk	5 Cheeseburger on a Whole Grain Bun Ketchup Baked Beans Seasonal Lunch Fruit Choice of Milk