

MCFI

K-8 Hot Lunch



January

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE	1 MCFI CLOSED HOLIDAY BREAK	2 WG Cheese Calzone with Marinara Dipping Sauce Steamed Carrots Seasonal Lunch Fruit Choice of Milk	3 Chicken Tacos on Whole Grain Tortillas with Lettuce, Cheese and Taco Sauce NEW! Ranchero Beans Seasonal Lunch Fruit Choice of Milk	4 Brunch for Lunch Chicken Sausage Patty, Egg and Cheese Breakfast Sandwich on a Whole Grain Biscuit Grape Jelly Sunset Sip Vegetable Juice Seasonal Lunch Fruit Choice of Milk
7 Asian Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	8 Beef Nachos with Cheese, Shredded Lettuce and Tortilla Chips Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk	9 Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Steamed Corn Seasonal Lunch Fruit Choice of Milk	10 Grilled Chicken Romaine Salad with Ranch Dressing and Whole Grain Breadstick Or Kid's Classic Asian-Glazed Boneless Chicken Wings with Romaine Salad and Ranch Dressing Pretzel Goldfish Seasonal Lunch Fruit Choice of Milk	11 Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk
14 Chicken Breast Fillet with BBQ Whole Grain Cornbread Baked Beans Seasonal Lunch Fruit Choice of Milk	15 Swedish Meatballs Whole Grain Pasta Whole Grain Soft Pretzel Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk	16 Shredded Turkey with Gravy Over Mashed Potatoes Whole Grain Biscuit Seasonal Lunch Fruit Choice of Milk	17 Harvest Chicken Salad on a Whole Grain Roll Or Kid's Classic Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	18 Brunch for Lunch NEW! Whole Grain Pancake and Sausage on a Stick with Syrup Yogurt Cup Sunset Sip Vegetable Juice Seasonal Lunch Fruit Choice of Milk
21 Chicken Pot Pie Bowl Chicken and Vegetables with Gravy over Mashed Potatoes Whole Grain Biscuit Seasonal Lunch Fruit Choice of Milk	22 Beef and Cheese Burrito Taco Sauce Ranchero Beans Seasonal Lunch Fruit Choice of Milk	23 Asian Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk	24 Chef's Salad with Romaine Lettuce, Turkey Ham, Cheese and Ranch Dressing and Whole Grain Soft Pretzel Stick Assorted Graham Cracker Or Kid's Classic WG Cheese Pizza Sticks with Marinara Dipping Sauce with Romaine Salad and Ranch Dressing Seasonal Lunch Fruit Choice of Milk	25 Cheeseburger on a Whole Grain Bun with Ketchup Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk
28 Chicken Fajitas on Whole Grain Tortillas Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk	29 Build Your Own Sub Turkey Ham, Cheese, Lettuce on Whole Grain Roll with Mayo Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice Of Milk WG Rice Krispies Treat	30 Sloppy Joe on a Whole Grain Bun Roasted Cinnamon Sweet Potatoes Seasonal Lunch Fruit Choice of Milk	31 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 Corn Seasonal Lunch Fruit Choice of Milk	