

# MCFI

## K-8 Hot Lunch



# January

# 2019

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