

MCFI

9-12 Hot Lunch



**January
2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE</p> <p>MENU SUBJECT TO CHANGE</p>	<p>1</p> <p>MCFI CLOSED HOLIDAY BREAK</p>	<p>2</p> <p>HOLIDAY BREAK</p>	<p>3</p> <p>Chicken Tacos on Whole Grain Tortillas with Lettuce, Cheese and Taco Sauce NEW! Ranchero Beans Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>4</p> <p>Brunch for Lunch Chicken Sausage Patty, Egg and Cheese Breakfast Sandwich on a Whole Grain Biscuit Grape Jelly Baby Carrots with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>
<p>7</p> <p>Asian Chicken Whole Grain Brown Rice Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>8</p> <p>Beef Nachos with Cheese, Shredded Lettuce and Tortilla Chips Taco Sauce Fiesta Beans Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>9</p> <p>Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Steamed Corn Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>10</p> <p>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 100% Fruit Juice Choice of Milk</p>	<p>11</p> <p>Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>
<p>14</p> <p>Chicken Breast Fillet with BBQ Whole Grain Cornbread Baked Beans Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>15</p> <p>Swedish Meatballs Whole Grain Pasta Whole Grain Soft Pretzel Crunchy Broccoli with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>16</p> <p>Shredded Turkey with Gravy Over Mashed Potatoes Whole Grain Biscuit Assorted Graham Crackers Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>17</p> <p>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 100% Fruit Juice Choice of Milk</p>	<p>18</p> <p>Brunch for Lunch NEW! Whole Grain Pancake and Sausage on a Stick with Syrup Yogurt Cup Baby Carrots with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>
<p>21</p> <p>NO SCHOOL MLK Day</p>	<p>22</p> <p>Beef and Cheese Burrito Taco Sauce Ranchero Beans Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>23</p> <p>Asian Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>24</p> <p>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 Assorted Graham Cracker Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>25</p> <p>Cheeseburger on a Whole Grain Bun with Ketchup Assorted Graham Cracker Baby Carrots with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>
<p>28</p> <p>Chicken Fajitas on Whole Grain Tortillas Taco Sauce Fiesta Beans Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>29</p> <p>Build Your Own Sub Turkey Ham, Cheese, Lettuce on Whole Grain Roll with Mayo Crunchy Broccoli with Ranch Seasonal Lunch Fruit 100% Fruit Juice Choice Of Milk WG Rice Krispies Treat</p>	<p>30</p> <p>Sloppy Joe on a Whole Grain Bun Roasted Cinnamon Sweet Potatoes Seasonal Lunch Fruit 100% Fruit Juice Choice of Milk</p>	<p>31</p> <p>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 100% Fruit Juice Choice of Milk</p>	