

SEPTEMBER 2020

MCHS

Students have a choice of 1% and Skim milk daily. Lactose Free milk available upon request. Students must select a fruit or vegetable to complete their meal for breakfast and lunch. Student meals are served at no cost.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Popcorn Chicken with a Roll Scalloped Potatoes Seasoned Green Beans	2 Chicken Sandwich Krinkle Cut Fries Baby Carrots w/dip	3 Italian Pasta with Texas Toast Italian Blend Vegetables Romaine Garden Salad Baby Carrots w/dip	4 Deli Sandwich Steamed Broccoli Baby Carrots w/dip
7 Labor Day	8 Spicy Chicken Sandwich Spicy Fries Sandwich Trimming Baby Carrots w/dip	9 Cheeseburger Baked Beans Whole Kernel Corn	10 Hotdog w/Chili California Blend Vegetables Romaine Garden Salad	11 Deli Sandwich Broccoli Baby Carrots w/dip
14 Spicy Chicken Sandwich Baked Beans Sandwich Trimmings	15 Popcorn Chicken with a Roll Scalloped Potatoes Seasoned Green Beans	16 Crispito w/Chili Whole Kernel Corn Baby Carrots w/dip	17 Corndog Nuggets Krinkle Cut Fries Romaine Garden Salad	18 Deli Sandwich Broccoli Baby Carrots w/dip
21 Popcorn Chicken with a Roll Whipped Potatoes Seasoned Green Beans	22 Beef Nachos Pinto Beans Baby Carrots w/dip	23 Corndog Nuggets Green Peas Shredded Lettuce Salad	24 Cheeseburger Spicy Fries Sandwich Trimmings	25 Deli Sandwich Broccoli Baby Carrots w/dip
28 Beef Nachos Pinto Beans Baby Carrots w/dip	29 Popcorn Chicken with a Roll Scalloped Potatoes Seasoned Green Beans	30 Chicken Sandwich Krinkle Cut Fries Baby Carrots w/dip		

A selection of Grab and Go items will be offered daily. Choices may include: Smart Mouth Pizzas, Fresh Salads, Calzones, Deli Wraps, and more. Students must choose at least 3 of the 5 lunch components to be a complete meal, otherwise a la carte pricing will apply on food items sold. A variety of Fresh Fruit and Chilled Fruit are offered daily. Menus may change due to availability.

This institution is an equal opportunity provider