



# MCS Breakfast Menu-November 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Daily Milk Choices:</i> White 1% Milk Chocolate FF Milk</p> <p><i>*Menu options are subject to change without notice*</i></p> <p><b>BREAKFAST IS SERVED FROM 7:30 UNTIL 8:00</b></p>			1	2	3 Power Ring Cheese Stick Fresh Fruit Juice
	6 Blueberry Muffin Yogurt Fresh Fruit Fruit Juice	7 Lucky Charms Cereal Cheese stick Fresh Fruit	8 Pop Tart Cheese stick Peach Cup Orange Juice	9 Cinnamon Toast Crunch Cereal Cheese stick Applesauce Fruit Juice	10 Power Ring Cheese Stick Fresh Fruit Juice
	13 Blueberry Muffin Yogurt Fresh Fruit Fruit Juice	14 Lucky Charms Cereal Cheese stick Fresh Fruit	15 Strawberry Pop Tart Cheese Stick Apple Slice Fruit Juice	16 Cinnamon Toast Crunch Cereal Cheese stick Applesauce Fruit Juice	17 Power Ring Cheese Stick Fresh Fruit Juice
	20 NO SCHOOL! Thanksgiving Break	21 NO SCHOOL! Thanksgiving Break	22 NO SCHOOL! Thanksgiving Break	23 NO SCHOOL! Thanksgiving Break	24 NO SCHOOL! Thanksgiving Break
	27 Blueberry Muffin Yogurt Fresh Fruit Fruit Juice	28 Lucky Charms Cereal Cheese stick Fresh Fruit	29 Strawberry Pop Tart Cheese Stick Apple Slice Fruit Juice	30 Cinnamon Toast Crunch Cereal Cheese stick Applesauce Fruit Juice	1 Power Ring Cheese Stick Fresh Fruit Juice

# MCS Lunch Menu-November 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Daily Milk Choices:</i> White 1% Milk Chocolate FF Milk  <i>*Menu options are subject to change without notice*</i>			1 Beef Taco Nachos Cheese Sauce Salsa Corn Fresh Fruit	2 Chicken Pasta Roll Cucumbers & Tomatoes Roasted Broccoli	3 Big Daddy Cheese Pizza Crunchy Carrots Corn Fruit Juice
	6 Chicken Sandwich Green Beans French Fries Fresh Fruit	7 Popcorn Chicken Roll Mashed Potatoes Sweet Peas Fresh Fruit	8 Pork Taco Nachos Cheese Sauce Black Beans Corn Fresh Fruit	9 Spaghetti & Meatballs Roll Mixed Vegetables Fresh Fruit Fruit Cup	10 Big Daddy Cheese Pizza Crunchy Carrots French Fries Fruit Juice
	13 Popcorn Chicken Roll Mashed Potatoes Sweet Peas Fresh Fruit	14 Meatball Bowl Roasted Carrots Roasted Broccoli Fresh Fruit	15 Chicken Tater Tot Casserole Roll Baked Beans Mixed Vegetables Fresh Fruit	16 Thanksgiving Lunch: Turkey and Gravy Roll Sweet Potato Casserole Green Beans Salad and Fruit	17 Big Daddy Cheese Pizza Crunchy Carrots French Fries Fruit Juice
	20 NO SCHOOL! Thanksgiving Break	21 NO SCHOOL! Thanksgiving Break	22 NO SCHOOL! Thanksgiving Break	23 NO SCHOOL! Thanksgiving Break	24 NO SCHOOL! Thanksgiving Break
	27 Macaroni and Cheese topped with BBQ Pork Roll, Cole Slaw Green Beans Fresh Fruit Roasted Carrots	28 Chicken & Rice, Roll Black Beans Roasted Carrots Fruit Juice	29 Beef Taco Nachos Cheese Sauce Salsa Corn Fresh Fruit	30 Chicken Pasta Roll Cucumbers & Tomatoes Roasted Broccoli	1 Big Daddy Cheese Pizza Crunchy Carrots French Fries Fruit Juice