



MCS Breakfast Menu-September 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>BREAKFAST IS SERVED FROM 7:30 UNTIL 8:00</p>					1 Power Ring Cheese Stick Fresh Fruit Juice
	4 NO SCHOOL!	5 Lucky Charms Cereal Cheese stick Fresh Fruit	6 Pop Tart Cheese stick Peach Cup Orange Juice	7 Cinnamon Toast Crunch Cereal Cheese stick Applesauce Fruit Juice	8 Power Ring Cheese Stick Fresh Fruit Juice
	11 Blueberry Muffin Yogurt Fresh Fruit Fruit Juice	12 Lucky Charms Cereal Cheese stick Fresh Fruit	13 Strawberry Pop Tart Cheese Stick Apple Slice Fruit Juice	14 Cinnamon Toast Crunch Cereal Cheese stick Applesauce Fruit Juice	15 Power Ring Cheese Stick Fresh Fruit Juice
	18 Blueberry Muffin Yogurt Fresh Fruit Fruit Juice	19 Lucky Charms Cereal Cheese stick Fresh Fruit	20 Strawberry Pop Tart Cheese Stick Apple Slice Fruit Juice	21 Cinnamon Toast Crunch Cereal Cheese stick Applesauce Fruit Juice	22 Power Ring Cheese Stick Fresh Fruit Juice
	25 Blueberry Muffin Yogurt Fresh Fruit Fruit Juice	26 Lucky Charms Cereal Cheese stick Fresh Fruit	27 Strawberry Pop Tart Cheese Stick Apple Slice Fruit Juice	28 Cinnamon Toast Crunch Cereal Cheese stick Applesauce Fruit Juice	29 Power Ring Cheese Stick Fresh Fruit Juice

MCS Lunch Menu-September 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 Chicken Pasta Roll Cucumbers & Tomatoes Roasted Broccoli Fruit Cup
	4 NO SCHOOL!	5 Chicken Sandwich Green Beans French Fries Fresh Fruit	6 Pork Taco Nachos Cheese Sauce Black Beans Corn Fresh Fruit	7 Spaghetti & Meatballs Roll Mixed Vegetables Fresh Fruit	8 Big Daddy Cheese Pizza Crunchy Carrots French Fries Fruit Juice
	11 Popcorn Chicken Roll, Peas Mashed Potatoes Fresh Fruit	12 Meatball Bowl Roasted Carrots Roasted Broccoli Fresh Fruit	13 Buffalo Ranch Chicken Tater Tots Roll Baked Beans Fresh Fruit	14 Bakes Ziti, Roll Green Beans Veggie Cup Fresh Fruit	15 Big Daddy Cheese Pizza Crunchy Carrots French Fries Fruit Juice
	18 Macaroni and Cheese topped with BBQ Pork Roll, Cole Slaw Green Beans Fresh Fruit	19 Chicken & Rice, Roll Black Beans Roasted Carrots Fruit Juice	20 Beef Taco Nachos Corn, Salsa Cheese sauce Fresh Fruit	21 Chicken Pasta Roll Cucumbers & Tomatoes Roasted Broccoli	22 Big Daddy Cheese Pizza Crunchy Carrots French Fries Fruit Juice
	25 Popcorn Chicken Roll Roasted Broccoli Roasted Carrots Fresh Fruit	26 Chicken Sandwich Green Beans Corn French Fries Fresh Fruit	27 Pork Taco Nachos Cheese Sauce Black Beans Corn Fresh Fruit	28 Spaghetti & Meatballs Roll Mixed Vegetables Fresh Fruit Fruit Cup	29 Big Daddy Cheese Pizza Crunchy Carrots French Fries Fruit Juice