

# Breakfast Menu for MCES

# February 2017

Student Price: **No Charge**, Adult Price: **\$1.75**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Breakfast Pizza (24g) G</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box <b>Bag B:</b> Mini Donuts/Apple Juice Box	2 <b>Cinnamon Toast (45g)G</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	3 <b>Glazed Donut (36g)</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> 2 Blueberry Muffins /Fruit Juice Box
6 <b>Bacon &amp; Cheese Biscuit (32g)</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice <b>Bag B:</b> Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	7 <b>Chicken Biscuit (32g) G</b> 100% Fruit Juice(13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	8 <b>Breakfast Pizza (24g) G</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box <b>Bag B:</b> Mini Donuts/Apple Juice Box	9 <b>Cinnamon Toast (45g)G</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	10 <b>Glazed Donut (36g)</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> 2 Blueberry Muffins /Fruit Juice Box
13 <b>Bacon &amp; Cheese Biscuit (32g)</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice <b>Bag B:</b> Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	14 <b>Chicken Biscuit (32g) G</b> 100% Fruit Juice(13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	15 <b>Breakfast Pizza (24g) G</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box <b>Bag B:</b> Mini Donuts/Apple Juice Box	16 <b>Cinnamon Roll (34g) G</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	17 <b>Glazed Donut (36g)</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> 2 Blueberry Muffins /Fruit Juice Box
20 <b>Bacon &amp; Cheese Biscuit (32g)</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice <b>Bag B:</b> Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	21 <b>Chicken Biscuit (32g) G</b> 100% Fruit Juice(13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	22 <b>Breakfast Pizza (24g) G</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box <b>Bag B:</b> Mini Donuts/Apple Juice Box	23 <b>Cinnamon Toast (45g)G</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	24 <b>Glazed Donut (36g)</b> 100% Fruit Juice (13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> 2 Blueberry Muffins /Fruit Juice Box
27 <b>Bacon &amp; Cheese Biscuit (32g)</b> 100% Apple Juice (13g) <b>Bag A:</b> Honey Nut Cheerios /Fudge Pop Tart/Apple Juice <b>Bag B:</b> Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	28 <b>Chicken Biscuit (32g) G</b> 100% Fruit Juice(13g) <b>Bag A:</b> Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box <b>Bag B:</b> Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box			

\*1% White Milk or Flavored Skim Milk Available Daily.

**KEY TO ABBREVIATIONS**

**G = Whole Grain**

**g = Grams of Carbohydrates**

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

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# Lunch Menu for Metcalfe Elementary

# February 2017

Student Price: **No Charge**, Adult Price: **\$2.75**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Pizza Rolls (4g each)</b> <b>Chicken Nuggets (16g)</b> Whole Kernel Corn (21g) Rice Krispy Square (22g) Applesauce	2 <b>Cheese Breadsticks (45g)G</b> <b>Rib Patty (29g) G</b> Marinara Sauce (1g) Baked Chips (19g) Fruit Selections Brownie	3 <b>Chili (16g)</b> <b>Grilled Cheese (21g)</b> <b>Hot Dog w/ Bun (22g)</b> Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
6 <b>Hamburger w/ Bun (23g) G</b> <b>Sub Sandwiches (33g)G</b> Seasoned Curly Fries (20g) Grape Tomatoes Mandarin Oranges	7 <b>Chicken Fajitas (16g)</b> <b>Manwich/Bun (23g)</b> Chips & Salsa (20g) Side Salad (1g) Fruit Selections	8 <b>Boneless Wings (6g)</b> <b>Hot Ham &amp; Cheese (27g)</b> Baked Chips (19g) Veggies w/ Dip (10g) Fruit & Yogurt Parfait (32g)	9 <b>Extreme Nachos (29g)</b> <b>Turkey Sandwich (27g) G</b> Side Salad w/ Dressing (10g) Chips & Cheese (20g) Sliced Peaches (17g)	10 <b>Veggie Soup (12g)</b> <b>Grilled Cheese (21g)</b> <b>Hot Dog w/ Bun (22g)</b> Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
13 <b>Pizza (35g)G</b> <b>Corn Dog (27g) G</b> Side Salad (1g) Whole Kernel Corn (21g) Brownie (28g) Fruit Selections	14 <b>Fish Sticks (32g) G</b> <b>Turkey Sandwich (27g) G</b> Pinto Beans (19g) Corn Bread (32g) Cole Slaw (17g) Fruit Selection	15 <b>Chicken Patty w/ Bun (36g)</b> <b>Pork BBQ w/ Bun (34g) G</b> Green Peas (10g) Mac & Cheese (42g) Pineapple Tidbits	16 <b>Pepperoni Calzone (35g) G</b> <b>Hot Ham &amp; Cheese (28g) G</b> Whole Kernel Corn (21g) Rice Krispy Square (22g) Applesauce	17 <b>Chicken Noodle Soup</b> <b>Grilled Cheese (21g)</b> <b>Hot Dog w/ Bun (22g)</b> Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
20 <b>Chicken Fingers (19g)</b> <b>Corn Dog (27g) G</b> Mashed Potatoes (17g) Green Beans (4g) Mandarin Oranges (18g)	21 <b>Chicken (4g) / Sausage (2g)</b> Scrambled Eggs (1g) Biscuit (23g) & Gravy (4g) Hashbrown (15g) Fruit & Veggie Selections	22 <b>Pizza Rolls (4g each)</b> <b>Chicken Nuggets (16g)</b> Whole Kernel Corn (21g) Rice Krispy Square (22g) Applesauce	23 <b>Cheese Breadsticks (45g)G</b> <b>Rib Patty (29g) G</b> Marinara Sauce (1g) Baked Chips (19g) Fruit Selections Brownie	24 <b>Chili (16g)</b> <b>Grilled Cheese (21g)</b> <b>Hot Dog w/ Bun (22g)</b> Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
27 <b>Hamburger w/ Bun (23g) G</b> <b>Sub Sandwiches (33g)G</b> Seasoned Curly Fries (20g) Grape Tomatoes Mandarin Oranges	28 <b>Chicken Fajitas (16g)</b> <b>Manwich/Bun (23g)</b> Chips & Salsa (20g) Side Salad (1g) Fruit Selections			

\*1% White Milk or Flavored Skim Milk Available Daily

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**Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).**

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