

Breakfast Menu for MCES

January 2017

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Bacon & Cheese Biscuit (32g) 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Bag B: Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	3	Chicken Biscuit (32g) G 100% Fruit Juice(13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	4	Breakfast Pizza (24g) G 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box Bag B: Mini Donuts/Apple Juice Box	5	Cinnamon Toast (45g)G 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	6	Glazed Donut (36g) 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: 2 Blueberry Muffins /Fruit Juice Box
9	Bacon & Cheese Biscuit (32g) 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Bag B: Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	10	Chicken Biscuit (32g) G 100% Fruit Juice(13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	11	Breakfast Pizza (24g) G 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box Bag B: Mini Donuts/Apple Juice Box	12	Cinnamon Toast (45g)G 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	13	Glazed Donut (36g) 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: 2 Blueberry Muffins /Fruit Juice Box
16	No School	17	Chicken Biscuit (32g) G 100% Fruit Juice(13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	18	Breakfast Pizza (24g) G 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box Bag B: Mini Donuts/Apple Juice Box	19	Cinnamon Roll (34g) G 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	20	Glazed Donut (36g) 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: 2 Blueberry Muffins /Fruit Juice Box
23	Bacon & Cheese Biscuit (32g) 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Bag B: Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	24	Chicken Biscuit (32g) G 100% Fruit Juice(13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	25	Breakfast Pizza (24g) G 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Box Bag B: Mini Donuts/Apple Juice Box	26	Cinnamon Toast (45g)G 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: Lucky Charms/Brown Sugar Pop Tart/Fruit Juice Box	27	Glazed Donut (36g) 100% Fruit Juice (13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag B: 2 Blueberry Muffins /Fruit Juice Box
30	Bacon & Cheese Biscuit (32g) 100% Apple Juice (13g) Bag A: Honey Nut Cheerios /Fudge Pop Tart/Apple Juice Bag B: Chocolate Muffin/Strawberry Pop Tart/Apple Juice Box	31	Chicken Biscuit (32g) G 100% Fruit Juice(13g) Bag A: Cocoa Puffs/Strawberry Pop Tart/Fruit Punch Juice Box Bag 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

January 2017

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Chicken Fingers (19g) Corn Dog (27g) G Mashed Potatoes (17g) Green Beans (4g) Mandarin Oranges (18g)	3	Chicken (4g) / Sausage (2g) Scrambled Eggs (1g) Biscuit (23g) & Gravy (4g) Hashbrown (15g) Fruit & Veggie Selections	4	Pizza Rolls (4g each) Chicken Nuggets (16g) Whole Kernel Corn (21g) Rice Krispy Square (22g) Applesauce	5	Cheese Breadsticks (45g)G Rib Patty (29g) G Marinara Sauce (1g) Baked Chips (19g) Fruit Selections Brownie	6	Chili (16g) Grilled Cheese (21g) Hot Dog w/ Bun (22g) Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
9	Hamburger w/ Bun (23g) G Sub Sandwiches (33g)G Seasoned Curly Fries (20g) Grape Tomatoes Mandarin Oranges	10	Chicken Fajitas (16g) Manwich/Bun (23g) Chips & Salsa (20g) Side Salad (1g) Fruit Selections	11	Boneless Wings (6g) Hot Ham & Cheese (27g) Baked Chips (19g) Veggies w/ Dip (10g) Fruit & Yogurt Parfait (32g)	12	Extreme Nachos (29g) Turkey Sandwich (27g) G Side Salad w/ Dressing (10g) Chips & Cheese (20g) Sliced Peaches (17g)	13	Veggie Soup (12g) Grilled Cheese (21g) Hot Dog w/ Bun (22g) Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
16	No School	17	Fish Sticks (32g) G Turkey Sandwich (27g) G Pinto Beans (19g) Corn Bread (32g) Cole Slaw (17g) Fruit Selection	18	Chicken Patty w/ Bun (36g) Pork BBQ w/ Bun (34g) G Green Peas (10g) Mac & Cheese (42g) Pineapple Tidbits	19	Pepperoni Calzone (35g) G Hot Ham & Cheese (28g) G Whole Kernel Corn (21g) Rice Krispy Square (22g) Applesauce	20	Chicken Noodle Soup Grilled Cheese (21g) Hot Dog w/ Bun (22g) Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
23	Chicken Fingers (19g) Corn Dog (27g) G Mashed Potatoes (17g) Green Beans (4g) Mandarin Oranges (18g)	24	Chicken (4g) / Sausage (2g) Scrambled Eggs (1g) Biscuit (23g) & Gravy (4g) Hashbrown (15g) Fruit & Veggie Selections	25	Pizza Rolls (4g each) Chicken Nuggets (16g) Whole Kernel Corn (21g) Rice Krispy Square (22g) Applesauce	26	Cheese Breadsticks (45g)G Rib Patty (29g) G Marinara Sauce (1g) Baked Chips (19g) Fruit Selections Brownie	27	Chili (16g) Grilled Cheese (21g) Hot Dog w/ Bun (22g) Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
30	Hamburger w/ Bun (23g) G Sub Sandwiches (33g)G Seasoned Curly Fries (20g) Grape Tomatoes Mandarin Oranges	31	Chicken Fajitas (16g) Manwich/Bun (23g) 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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