


## MCMS/MCA September Lunch Menu 2022

<p><b>MCMS</b> <b>GRAB &amp; GO OPTIONS:</b> <b>3 Different Choices Daily</b> PB &amp; J Pak Chicken Wrap Pak Salad (Chef/Chicken) Sub Sandwich Pak</p>	<p>Breakfast and Lunch are free to all students <b>Adult/Visiting Children:</b> <b>Breakfast-\$3.00 Lunch- \$3.75</b> Due to food/paper supply/demand during this time, the menu is subject to change.</p>	<p><b>MCA</b> <b>GRAB &amp; GO OPTIONS:</b> <b>4 Different Choices Daily</b> PB &amp; J Pak Chicken Wrap Pak Salad (Chef/Chicken) Sub Sandwich Pak</p>	<p>1 <b>Ham &amp; Cheese</b> Chips, Lettuce/Tom, Broccoli, Assorted Fruit,</p>	<p>2 <b>Pizza Crunchers</b> Corn, Sweet Peas, Assorted Fruit</p>
<p>5 <b>NO SCHOOL!</b> </p>	<p>6 <b>Chicken Tenders</b> Mac &amp; Cheese, Sweet Peas, Steamed Carrots, Assorted Fruit</p>	<p>7 <b>Beefy Cheddar Nachos</b> Lettuce &amp; Tomato Corn, Black Beans, Assorted Fruit</p>	<p>8 <b>Chicken Sandwich</b> Seasoned Potato Wedge, Steamed Broccoli, Assorted Fruit</p>	<p>9 <b>Pizza</b> Green Lima's, Carrots/Cherry Tomatoes, Assorted Fruit</p>
<p>12 <b>Cheeseburger</b> Lettuce, Tomato, Fries, Green Beans, Assorted Fruit</p>	<p>13 <b>Mashed Potato/Gravy Bowl, Popcorn Chicken, Roll</b> Corn, Assorted Fruit</p>	<p>14 <b>Corndog</b> Chips, Black-eyed Peas, Grape Tomatoes/Cucumbers with ranch dip, Assorted Fruit</p>	<p>15 <b>Hamburger Steak w/ Roll</b> Rice w/Gravy Yams, Turnip Greens, Cornbread Assorted Fruit</p>	<p>16 <b>Pizza Crunchers</b> Carrot Sticks, Sweet Peas, Assorted Fruit</p>
<p>19 <b>BBQ Sandwich</b> Chips, Baked Beans, Steamed Broccoli Assorted Fruit</p>	<p>20 <b>Chicken Tenders</b> Yellow Rice, Black-eyed Peas, Steamed Cabbage, Cornbread, Assorted Fruit</p>	<p>21 <b>Beefy Cheddar Nachos</b> Lettuce &amp; Tomato Corn, Black Beans, Assorted Fruit</p>	<p>22 <b>Chicken Nuggets Reg/Spicy</b> Fries, Carrot sticks/ranch, Green Beans, Assorted Fruit</p>	<p>23 <b>Pizza</b> Green Limas, Corn-on-the - Cob, Assorted Fruit</p>
<p>26 <b>Chicken &amp; Waffles</b> Tater Tots, Stewed Squash, Assorted Fruit</p>	<p>27 <b>Hot Dog</b> Fries, Baked Beans, Green Beans, Assorted Fruit</p>	<p>28 <b>Spaghetti w/ Meat Sauce &amp; Bread Stick</b> Green Beans, Carrots, Assorted Fruit,</p>	<p>29 <b>Turkey &amp; Cheese</b> Chips, Lettuce/Tom, Broccoli, Assorted Fruit,</p>	<p>30 <b>Pizza Crunchers</b> Corn, Sweet Peas, Assorted Fruit</p>

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