

# MCCPS AUGUST/ SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/30</b> <b>First day Of School</b> <b>Pizza Party</b> <b>Tony's Pizza</b> <b>Garden Cucumber</b> <b>Cups and a Garden</b> <b>Salad</b>  <b>Grilled Veggie &amp;</b> <b>Hummus Wrap</b>	<b>8/31</b> <b>Turkey Melt on</b> <b>Wheat w/ Rst.</b> <b>Potato Wedges &amp;</b> <b>Grilled Garden</b> <b>Veggies</b>  <b>Tuna on Wheat</b>	<b>1</b> <b>Pasta w/ Rst</b> <b>Tomato Sauce</b> <b>from the Garden,</b> <b>Fresh Local</b> <b>Vegetables &amp;</b> <b>Homemade</b> <b>Focaccia</b> <b>Veggie &amp; Mozz</b> <b>Focaccia Sand</b>	<b>2</b> <b>Pesto (no nuts)</b> <b>Chicken w/ Green</b> <b>Bean &amp; Garden</b> <b>Tomato Salad</b> <b>served w/ Brown</b> <b>Rice Pilaf</b>  <b>Chicken Salad</b> <b>Wrap</b>	<b>2</b> <u><b>½ DAY</b></u> <b>Egg &amp; Cheese</b> <b>Burrito served w/</b> <b>Fresh Salsa &amp;</b> <b>Fresh Fruit Cup</b>
<b>6</b>  <u><b>LABOR DAY</b></u> <u><b>NO SCHOOL</b></u>	<b>7</b> <b>Taco Bar w/</b> <b>Fresh Salsa,</b> <b>Cheddar, Sour</b> <b>Cream &amp; Lettuce</b> <b>served w/ Rice</b>  <b>Tuna on Wheat</b>	<b>8</b> <b>Homemade Mac &amp;</b> <b>Cheese served w/</b> <b>Local Steamed</b> <b>Carrots &amp; Garlic</b> <b>Bread</b>  <b>Veggie &amp; Mozz</b> <b>Focaccia Sand</b>	<b>9</b> <b>Teriyaki Chicken</b> <b>Thighs w/ Sesame</b> <b>Noodles and Stir-</b> <b>Fry Farm Veggies</b>  <b>Chicken Salad</b> <b>Wrap</b>	<b>10</b> <u><b>Tony's Pizza</b></u> <b>Served w/</b> <b>Homemade Caesar</b> <b>Salad w/ Fresh</b> <b>Made Croutons</b>  <b>Homemade Veggie</b> <b>Burgers</b>
<b>13</b> <b>Grilled Ham &amp;</b> <b>Cheese w/ Rst.</b> <b>Potato Wedges &amp;</b> <b>Mixed Garden</b> <b>Veggies</b>  <b>Grilled Veggie &amp;</b> <b>Hummus Wrap</b>	<b>14</b> <b>BBQ Chicken w/</b> <b>Our Gardens</b> <b>Tomato &amp;</b> <b>Cucumber Salad</b> <b>served over</b> <b>Brown Rice</b> <b>Tuna on Wheat</b>	<b>15</b> <u><b>½ DAY</b></u> <b>Pizza Bagels w/</b> <b>Fresh Veggie</b> <b>Cups served w/</b> <b>Fruit &amp; Yogurt</b> <b>Parfait</b>	<b>16</b> <b>Pulled Pork w/</b> <b>Corn Relish,</b> <b>Fresh Veggie</b> <b>Slaw served w/</b> <b>Fresh Corn Bread</b>  <b>Chicken Salad</b> <b>Wrap</b>	<b>17</b> <b>Hamburger Deluxe</b> <b>w/ Lettuce Tom.</b> <b>Served w/ Potato</b> <b>Salad &amp;</b> <b>Watermelon</b>  <b>Homemade Veggie</b> <b>Burgers</b>
<b>20</b> <b>Shaved Steak &amp;</b> <b>Cheese</b> <b>On Wheat Roll w/</b> <b>Sweet Potato Wedges</b> <b>and Fresh Picked</b> <b>Corn on the Cob</b>  <b>Grilled Veggie &amp;</b> <b>Hummus Wrap</b>	<b>21</b> <b>Roast Pork w/</b> <b>Butternut Squash,</b> <b>Cinnamon Apples &amp;</b> <b>Corn Bread stuffing</b>  <b>Tuna on Wheat</b>	<b>22</b> <b>Homemade Three</b> <b>Cheese Lasagna</b> <b>w/ Marinara or</b> <b>Meat Sauce w/</b> <b>Steamed Local</b> <b>Broccoli and Fresh</b> <b>Focaccia</b> <b>Veggie &amp; Mozz</b> <b>Focaccia Sand</b>	<b>23</b> <b>Pulled Chicken</b> <b>Burrito w/ Cheddar</b> <b>and Fresh Garden</b> <b>Salsa served w/</b> <b>Black Beans &amp; Rice</b>  <b>Chicken Salad</b> <b>Wrap</b>	<b>24</b> <u><b>Tony's Pizza</b></u> <b>Served w/</b> <b>Tomato &amp;</b> <b>Mozzarella Salad</b>  <b>Homemade Veggie</b> <b>Burgers</b>
<b>27</b> <u><b>Local</b></u> <u><b>½ DAY</b></u> <b>Grilled Cheese on</b> <b>Wheat w/ Home Fries</b> <b>&amp; Fresh Fruit</b>	<b>28</b> <u><b>Harvest</b></u> <u><b>½ DAY</b></u> <b>Egg &amp; Cheese on</b> <b>English Muffin w/</b> <b>Fruit Salad &amp;</b> <b>Yogurt</b>	<b>29</b> <u><b>Celebration</b></u> <u><b>½ DAY</b></u> <b>Stuffed French</b> <b>Toast w/ Jam &amp; Cr.</b> <b>Cheese served w/</b> <b>Turkey Sausage &amp;</b> <b>Fruit</b>	<b>30</b> <u><b>Week</b></u> <u><b>½ DAY</b></u> <b>Homemade Potato</b> <b>Skins w/ Broccoli &amp;</b> <b>Bacon served w/</b> <b>Farm Fresh Veggie</b> <b>Sticks</b>	<u><b>We will celebrate</b></u> <u><b>the local farms</b></u> <u><b>and seasonal</b></u> <u><b>produce by</b></u> <u><b>featuring items</b></u> <u><b>throughout the</b></u> <u><b>week!</b></u>

### Meal Prices

**Meal Deal (\$3.75):** Entrée, vegetable, salad bar, milk/juice & dessert, or cold sandwich, salad bar, milk/juice & dessert.

**Salad Bar includes:** Lettuce and a variety of fresh vegetables, cheeses, chicken and homemade salads.