

MCCPS SEPTEMBER 2008 LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 1 No school LABOR DAY | 2 Chicken Fajitas w/ Corn Salsa & Brown Rice Pilaf Tuna on Whole Wheat | 3 Chef Laura's Pasta w/ Meat Sauce w/a side Garden Salad Italian Veggie Grinder | 4 Teriyaki Chicken With Veggie Stir Fry & Sesame Noodles Chicken Salad Wrap | 5 Turkey Club Wrap w/ Lett. & Tom. w/ Potato Wedges Egg Salad on Whole Wheat |
| 8 Oven Fried Chicken w/ Sweet Potato Wedges and Mixed Vegetables Mediterranean Wrap | 9 Homemade Meatball Subs on a Whole Wheat Roll w/ Veggie Cups Tuna on Whole Wheat | 10 HALF DAY Egg & Cheese Breakfast Burrito w/ Fresh Fruit Cup | 11 Southern Style Pulled Pork Sandwich w/ Homemade Cole Slaw Chicken Salad Wrap | 12 TONY'S PIZZA Served w/ a side Greek Salad Egg Salad on Whole Wheat |
| 1 Grilled Chicken w/ Pineapple Salsa served w/ Rice & Beans & Fresh Corn Bread Mediterranean Wrap | 16 Roasted Turkey w/ Gravy Apple Stuffing & Butternut Squash Tuna on Whole Wheat | 17 Baked Potato Bar w/ Beef Chili, Steamed Broccoli, Cheese, Bacon & all the Fixings Italian Veggie Grinder | 18 Tuscan Chicken Pasta w/ Tomato Basil Sauce & Broccoli and Fresh Focaccia Chicken Salad Wrap | 19 Cheese Burger Deluxe w/ Lettuce & Tomato w/ Homemade Potato Salad Egg Salad on Whole Wheat |
| 22 HALF DAY Charter McMuffins With Fresh Fruit | 23 HALF DAY Crispy French Toast w/ Fresh Berries & Sausage | 24 HALF DAY Grilled Cheese w/ Fresh Veggie Sticks | 25 HALF DAY Whole Grain Pancakes w/ Apples and Cinnamon & Bacon | 26 HALF DAY Pizza Bagels w/ Cucumber Cups |
| 29 Oriental Chicken & Veggie Stir-Fry over Brown Rice Mediterranean Wrap | 30 Homemade Meatloaf w/ Gravy Rst. Potatoes and Fresh Steamed Carrots Tuna on Whole Wheat | | | |

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.

Available every day: PB&J sandwiches, daily sandwich choice, bagels & cream cheese, bagel combos, juice and milk (whole, chocolate, strawberry, 2%, 1% and skim