




MCCPS BREAKFAST & LUNCH MENU: September 25 - September 29

 <p>FREE Breakfast & Lunch FOR ALL STUDENTS</p>	<p><i>On any day you can substitute a lunch with:</i></p> <ul style="list-style-type: none"> -Sunbutter & Jelly Sandwich -Hummus Plate with Fresh Veggies WW Pita -Veggie Burger in WW Pita Pocket <p>Comes with Bag of Pretzels, Veggie Sticks Fruit</p>			<p>Breakfast Daily from 7:30-7:45</p> <ul style="list-style-type: none"> -Daily Hot Special - Asst. Cereal -Homemade Parfaits -Yogurt -Oatmeal Bar -Fresh Fruit -Hot Bagels - Muffins -Granola Bars
<p>Monday 9/25 Breakfast: WW French Toast Sticks Sausage Fruit Milk or Juice Lunch: Hot- Toasted Ham & Cheese Sandwich Tomato Vegetable Soup Crackers Veggie & Fruit Option #2- Rst Red Pepper Hummus & Fresh Veggie WW Wrap with Lettuce Pretzels, Veggie Sticks Fruit</p>	<p>Tuesday 9/26 Breakfast: Scrambled Eggs Turkey Bacon WW Toast, Fruit Milk Or Juice Lunch: Hot- Steak & Cheese Sandwich on WW Bun Baked Potato Veggie, Fruit Option #2- Chef Garden Salad (Ham, Cheese, Egg & Fresh Veggies) Lite Italian Dressing Goldfish, Fruit</p>	<p>Wednesday 9/27 Breakfast: WW Pancakes Sausage, Fruit Milk or Juice Lunch: Hot- Penne Pasta with Marinara Focaccia Bread Garden Salad Veggie, Fruit Option #2- Rst. Veggie Focaccia Sandwich with or without Cheese Pretzels, Fruit</p> <p>EARLY BREAKFAST 7:25am - 7:40am</p>	<p>Thursday 9/28 Breakfast: Scrambled Eggs WW English Muffins Sausage, Fruit Milk or Juice Lunch: Hot- Grilled Chicken Breast Sliced Fresh Garden Veggie Pasta Salad Veggie, Fruit Option #2- Veggie, Rice & Cheese Quesadilla in WW Wrap Pretzels & Fruit</p>	<p>Friday 9/29 Breakfast: WW Waffles Turkey Sausage, Fruit Milk or Juice Lunch: Hot- Grilled Hamburgers with or without Cheese on WW Bun Lettuce, Tomato on Side Tater Tots Veggie , Fruit Option #2- Egg Salad Sandwich on WW Bread with Lettuce Cheez Its Fruit</p>

--	--	--	--	--