

Monday

Tuesday

Wednesday

Thursday

Friday



Cereal/Toast **7**
Fruit Choice
Juice Choice
Milk

Cereal/Toast **14**
Fruit Choice
Juice Choice
Milk

Cereal/Toast **21**
Fruit Choice
Juice Choice
Milk

Cereal/Toast **28**
Fruit Choice
Juice Choice
Milk

Breakfast Sandwich **1**
Fruit Choice
Juice Choice
Milk

Breakfast Pizza **8**
Fruit Choice
Juice Choice
Milk

Biscuits/Gravy **15**
Fruit Choice
Juice Choice
Milk

Cinnamon Streusel Cake **22**
Fruit Choice
Juice Choice
Milk

Egg/Cheese BF Sandwich **29**
Fruit Choice
Juice Choice
Milk

Pancakes **2**
Fruit Choice
Juice Choice
Milk

Assorted Muffins **9**
Fruit Choice
Juice Choice
Milk

Pancake Wraps **16**
Fruit Choice
Juice Choice
Milk

Cook's Choice **23**
Fruit Choice
Juice Choice
Milk

Breakfast Pizza **30**
Fruit Choice
Juice Choice
Milk

Banana Bread **3**
Fruit Choice
Juice Choice
Milk

Waffle Sticks **10**
Fruit Choice
Juice Choice
Milk

Egg Taco Tortilla Shell **17**
Fruit Choice
Juice Choice
Milk

No School **24**
Thanksgiving

Scrambled Eggs **4**
Toast
Fruit Choice
Juice Choice
Milk

Yogurt Parfait **11**
Granola/Graham Crackers
Fruit Choice
Juice Choice
Milk

Cinnamon Roll **18**
Fruit Choice
Juice Choice
Milk

No School **25**
Thanksgiving Break



Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Grains are at least 51% whole grain. Milk is low-fat or fat free plain or fat free flavored. Must choose 3 items, one being fruit or veggie, to count as a complete breakfast.

Fresh and canned fruits and 100% fruit juices are offered every day.

Cold cereal is a sub option offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Elementary **High School</p>	<p>Mr Rib on a Bun 1 Sweet Potato Fries California Blend Fruit Choice</p>	<p>Shredded Pork Nachos 2 Tortilla Chips Cooked Carrots Cole Slaw Fruit Choice</p>	<p>Pizza 3 Green Beans Broccoli Salad Fruit Choice</p>	<p>Hot Ham & Cheese Sandwich 4 Scalloped Potatoes Carrot Sticks Fruit Choice</p>
<p>Chicken Strips 7 Mashed Potatoes Gravy Corn Fruit Choice Dinner Roll</p>	<p>Spaghetti 8 Meat Sauce Garlic Bread Peas Fruit Choice</p>	<p>Chicken Fajita 9 Tortilla Shell Assorted Toppings Red/Green Pepper Refried Beans Fruit choice</p>	<p>Sub Sandwich 10 Potato Wedges Fruit Choice ***</p>	<p>Italian Dunkers 11 Dipping Sauce Roasted Veggies Cole Slaw Fruit Choice</p>
<p>Beef or Chicken Tacos 14 Tortilla Shell Assorted Toppings Fiesta Beans Fruit Choice</p>	<p>Breaded Pork Chop 15 Mashed Potatoes Country Gravy Corn Fruit Choice Bread Stick</p>	<p>Chili 16 Cheese Stick Cinnamon Roll Carrot Sticks Fruit Choice</p>	<p>Hamburger/Bun 17 Oven Fries Cooked Carrots Fruit Choice</p>	<p>Turkey/Dressing 18 Mashed Potatoes Green Beans Fruit Choice Dinner Roll</p>
<p>Chicken Alfredo 21 Rotini Pasta Garlic Bread Steamed Broccoli Fruit Choice</p>	<p>Sloppy Joe on a Bun 22 Baked Beans Potato Wedges Fruit choice</p>	<p>Corn Dog 23 Sun Chips Cooked Carrots Fruit Choice *** Early Out</p>	<p>No School 24 Thanksgiving</p>	<p>No School 25</p>
<p>Orange Chicken 28 Fried Rice Stir Fry Veggies Mandarin Oranges</p>	<p>Hot Dog/Bun 29 Baked Beans Potato Wedges Fruit Choice</p>	<p>Grilled Cheese 30 Tomato Soup Steamed Broccoli Fruit Choice</p>		



***Edited after posting

Lunch Notes: All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light. Milks are low fat or fat free. Fresh and canned fruits are available every day. A complete meal consists ½ C of fruit or veggie plus 2 more full meal components. If not taking a complete meal you will be charged ala carte prices. Menu subject to change without notice. Sorry for any inconvenience. MCW is now accepting credit or debit cards for school lunch payments. <https://www.schoolpay.com/login>