

# Monroe City R-1 School District

## MS HS LUNCH

Sep 28, 2017

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### SALAD, VEGE. TRAYS & FRESH FRUIT OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 2  chili cheese dog turkey sandwich peas cauliflower/ch sauce PEARS fresh fruit MILK - Variety	Oct - 3  Chicken breaststrips ham & cheese INSTANT MASHED P gravy Bread/ Butter beets mixed veg apple slices fresh fruit MILK - Variety	Oct - 4  hot ham & cheese HAMBURGER ON W green beans mandarin orange slices fresh fruit MILK - Variety	Oct - 5  SUPER BEEF NACHO turkey sandwich lettuce/tomato BLK BEANS N RICE tropical fruit fresh fruit MILK - Variety	Oct - 6  corndog bbq rib FRENCH FRIES carrots corn peaches fresh fruit MILK - Variety
Oct - 9  COUNTRY FRIED ST cheeseburger INSTANT MASHED P gravy W.G. SLICED BREAD mixed veg peas pineapple chunk fresh fruit MILK - Variety	Oct - 10  grilled chicken pattie HAMBURGER ON W LETTUCE & TOMATO COLE SLAW cauliflower/ch sauce mandarin orange slices fresh fruit OATMEAL COOKIES MILK - Variety	Oct - 11  Breakfast for Lunch cheeseburger Tator Tots green beans corn peaches fresh fruit MILK - Variety	Oct - 12  chicken wrap Tenderloin broccoli carrots PEARS fresh fruit MILK - Variety	Oct - 13  PIZZA WITH CHEESE chicken patty mixed veg veg. tray/dip fruit cocktail fresh fruit MILK - Variety
Oct - 16  SALISBURY STEAK chicken patty INSTANT MASHED P BROWN GRAVY Bread/ Butter corn california blend apple slices fresh fruit MILK - Variety	Oct - 17  chicken patty bbq rib FRENCH FRIES CARROTS broccoli H.S./cheese fruit cocktail fresh fruit MILK - Variety	Oct - 18  bbq rib corndog COLE SLAW baked beans peaches ranger cookie fresh fruit MILK - Variety	Oct - 19  staff development/no s	Oct - 20  NO SCHOOL TODAY

"This Institution is an equal opportunity provider".

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**