

Monroe City R-1 School District

MS HS LUNCH

Sep 25, 2018

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SALAD, VEGE. TRAYS & FRESH FRUIT OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 24 country fried steak turkey sandwich INSTANT MASHED P gravy broccoli'n'Cheese mixed veg PEARS Fresh Fruit Assortment MILK - Variety	Sep - 25 chicken patty HAMBURGER ON W FRENCH FRIES green beans cauliflower/ch sauce fruit cocktail Fresh Fruit Assortment OATMEAL COOKIES MILK - Variety	Sep - 26 bbq rib ham & cheese coleslaw BAKED BEANS pineapple chunk Fresh Fruit Assortment MILK - Variety	Sep - 27 SUPER BEEF NACHO chicken patty lettuce/tomato corn peas mandarin orange slices Fresh Fruit Assortment MILK - Variety	Sep - 28 crisпитos Tenderloin REFRIED BEANS carrots peaches Fresh Fruit Assortment CHOCOLATE CHIP C MILK - Variety
Oct - 1 Tenderloin Hot & Spicy Chicken corn cauliflower/ch sauce fruit cocktail Fresh Fruit Assortment OATMEAL COOKIES MILK - Variety	Oct - 2 chicken nuggets cheeseburger INSTANT MASHED P gravy Bread / Butter broccoli'n'Cheese peaches Fresh Fruit Assortment MILK - Variety	Oct - 3 hot ham & cheese turkey sandwich LETTUCE & TOMATO POTATO CHIPS BAK carrots green beans apple slices Fresh Fruit Assortment MILK - Variety	Oct - 4 SPAGHETTI AND ME chicken patty bread sticks SALAD, TOSSED peas PEARS Fresh Fruit Assortment MILK - Variety	Oct - 5 Mac & Cheese / W Ha chicken patty mixed veg broccoli'n'Cheese mandarin orange slices Fresh Fruit Assortment COWBOY COOKIES MILK - Variety
Oct - 8 grilled chicken pattie ham & cheese cauliflower HS green beans Fresh Fruit Assortment peaches MILK - Variety	Oct - 9 Chicken breaststrips turkey sandwich INSTANT MASHED P gravy Bread / Butter mixed veg Fresh Fruit Assortment mandarin orange slices MILK - Variety	Oct - 10 Tony's Pizza Variety bbq rib veg. tray/dip peas Fresh Fruit Assortment fruit cocktail MILK - Variety	Oct - 11 tacos cheeseburger lettuce/tomato corn broccoli'n'Cheese Fresh Fruit Assortment PEARS MILK - Variety	Oct - 12 corndog chicken patty COLE SLAW baked beans Fresh Fruit Assortment pineapple chunk COWBOY COOKIES MILK - Variety
Oct - 15 SALISBURY STEAK chicken patty INSTANT MASHED P gravy Bread / Butter green beans Fresh Fruit Assortment PEARS MILK - Variety	Oct - 16 chicken nuggets turkey sandwich FRENCH FRIES cauliflower HS corn Fresh Fruit Assortment mandarin orange slices MILK - Variety	Oct - 17 bbq rib cheeseburger COLE SLAW peas Fresh Fruit Assortment PEARS CHOCOLATE CHIP C MILK - Variety	Oct - 18 staff development/no s	Oct - 19 NO SCHOOL TODAY
Oct - 22 chili cheese dog cheeseburger FRENCH FRIES corn carrots Fresh Fruit Assortment PEARS MILK - Variety	Oct - 23 teriyaki chicken/rice chicken patty broccoli mixed veg Fresh Fruit Assortment pineapple chunk MILK - Variety	Oct - 24 French Toast Combo biscuits/gravy scrambled eggs/toast chicken patty tator tots green beans yogurt Fresh Fruit Assortment mandarin orange slices MILK - Variety	Oct - 25 cheeseburger hot ham & cheese POTATO CHIPS BAK cauliflower HS baked beans Fresh Fruit Assortment fruit cocktail MILK - Variety	Oct - 26 Tony's Pizza Variety HAMBURGER ON W SALAD, TOSSED california blend Fresh Fruit Assortment peaches MILK - Variety

"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.