

# Monroe City R-1 School District

## MS HS LUNCH

Sep 18, 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 21 Staff Development No School Today	Sep - 22 Chicken Nuggets Mashed Potatoes Gravy/ White Bread / Butter Mixed Vegetables peaches Fresh Fruit Assortment MILK - Variety	Sep - 23 chicken wrap california blend pineapple chunk Fresh Fruit Assortment MILK - Variety	Sep - 24 BBQ Chicken Sandwic Peas peaches Fresh Fruit Assortment MILK - Variety	Sep - 25 Corn Dog Green Beans mandarin orange slices Fresh Fruit Assortment MILK - Variety
Sep - 28 SALISBURY STEAK Mashed Potatoes BROWN GRAVY Bread / Butter Mixed Vegetables PEARS Fresh Fruit Assortment MILK - Variety	Sep - 29 Chicken Breaststrips sweet potato fries Green Beans peaches Fresh Fruit Assortment MILK - Variety	Sep - 30 ham & cheese POTATO CHIPS BAK Fresh Carrots mandarin orange slices Fresh Fruit Assortment CHOCOLATE CHIP C MILK - Variety	Oct - 1 pasta bake GS bread sticks Corn pineapple chunk Fresh Fruit Assortment MILK - Variety	Oct - 2 Mac & Cheese w/ Chic Peas apple slices Fresh Fruit Assortment snickerdoddles MILK - Variety
Oct - 5 chili cheese dog Broccoli / Cheese H.S. PINEAPPLE CHUNKS Fresh Fruit Assortment SUGAR COOKIES MILK - Variety	Oct - 6 Chicken Patty FRENCH FRIES Peas PEARS fresh fruit MILK - Variety	Oct - 7 Pizza Breakfast fresh fruit Fruit Juice 4 oz. assort yogurt MILK - Variety	Oct - 8 SUPER BEEF NACHO lettuce/tomato Corn mandarin orange slices MILK - Variety	Oct - 9 Pulled Pork Green Beans peaches fresh fruit COWBOY COOKIES MILK - Variety
Oct - 12 Cheeseburger FRENCH FRIES LETTUCE & TOMATO Cauliflower/Cheese PINEAPPLE CHUNKS CHOCOLATE CHIP C MILK - Variety	Oct - 13 Cruncy Ckn Tndr Wrap Peas PEARS MILK - Variety	Oct - 14 Bcn Egg Cheese Wrap fresh fruit Vegetable Juice MILK - Variety	Oct - 15 chili Sunflower Butter & Jell Fresh Carrots Cinna Rolls peaches MILK - Variety	Oct - 16 Pizza Calzone Corn mandarin orange slices MILK - Variety
Oct - 19 turkey sandwich POTATO CHIPS BAK Fresh Carrots peaches MILK - Variety	Oct - 20 Chicka Boom Boom Sa MACARONI AND CHE PEARS MILK - Variety	Oct - 21 bbq rib baked beans mandarin orange slices SUGAR COOKIES MILK - Variety	Oct - 22 tacos lettuce/tomato Corn peaches MILK - Variety	Oct - 23 Pizza Bites/ E. Marinara Cup Peas PINEAPPLE CHUNKS 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.