

Monroe City R-1 School District

MS HS LUNCH

Oct 22, 2020

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SALAD, VEGE. TRAYS & FRESH FRUIT OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 26 Staff Development No School Today	Oct - 27 Chicken Breaststrips Mashed Potatoes Gravy/ White Bread / Butter Green Beans apple slices MILK - Variety	Oct - 28 Pizza Breakfast Yogurt Fresh Fruit Assortment Vegetable Juice MILK - Variety	Oct - 29 Tator Tot Casserole Bread / Butter Peas peaches MILK - Variety	Oct - 30 Crispitos MEXICALI CORN PINEAPPLE CHUNKS COWBOY COOKIES MILK - Variety
Nov - 2 SALISBURY STEAK Mashed Potatoes BROWN GRAVY Bread / Butter Green Beans peaches MILK - Variety	Nov - 3 BBQ Chicken Sandwic Peas PINEAPPLE CHUNKS ranger cookie MILK - Variety	Nov - 4 Bcn Egg Cheese Wrap Yogurt Fresh Fruit Assortment Vegetable Juice MILK - Variety	Nov - 5 SUPER BEEF NACHO lettuce/tomato MEXICALI CORN PEARS MILK - Variety	Nov - 6 Buflo Cken Mc & Chz Broccoli mandarin orange slices Snickerdoddles MILK - Variety
Nov - 9 Cheeseburger LETTUCE & TOMATO french fries carrots PEARS MILK - Variety	Nov - 10 Chicken Nuggets Mashed Potatoes Gravy/ White Bread / Butter Green Beans apple slices MILK - Variety	Nov - 11 French Toast Combo Yogurt Fresh Fruit Assortment Vegetable Juice MILK - Variety	Nov - 12 Spaghetti & Meat Sauc Bread Sticks Corn peaches MILK - Variety	Nov - 13 Hot Ham & Cheese POTATO CHIPS BAK california blend Chocolate Chip Cookie MILK - Variety
Nov - 16 chili cheese dog Corn PEARS Fresh Fruit Assortment SUGAR COOKIES MILK - Variety	Nov - 17 Teriyaki Chicken/Rice Broccoli pineapple chunk fresh fruit MILK - Variety	Nov - 18 Waffle/Sausage Patty Yogurt Fresh Fruit Assortment Vegetable Juice MILK - Variety	Nov - 19 CHICKEN AND NOOD Mashed Potatoes Peas Bread / Butter apple slices Fresh Fruit Assortment MILK - Variety	Nov - 20 Pulled Pork Melt Green Beans mandarin orange slices fresh fruit MILK - Variety
Nov - 23 Pizza Bites/ E. Marinara Cup Peas PINEAPPLE CHUNKS MILK - Variety	Nov - 24 Staff Development No School Today	Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY HOLIDAY Happy Thanksgiving	Nov - 27 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.