

LUNCH MENU

September
2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Ham & Noodle Casserole Muffin, Buttered Peas, Candied Sweet Potatoes, Pineapple	4 Chicken Fajita, Diced Tomatoes, Lettuce, Seasoned Rice, Green Beans, and Applesauce	5 Pizza, Corn, Cucumbers, Pears and a Cookie	6 Shrimp, Macaroni & Cheese, Raw Veggies, Winter Mix and Mixed Fruit
9 Spaghetti, Bread Sticks, Romaine Lettuce, Green Beans and Pears	10 Hot Dog on a Coney Bun, Baked Beans, Baby Carrot and Apple Crisp	11 Barbeque on a Fresh Baked Bun, Potato Wedges, Celery, Onions and a Banana	12 Chicken Nuggets, Dinner Roll Mashed Potatoes, Squash, and Peaches	13 Soft-Shell Taco with Lettuce, Black Bean Salsa & Chips, Raw Veggies, Orange Slices
16 Chicken Pattie on a Homemade Bun, Sweet Potato Fries, Creamy Coleslaw, and a Banana	17 Baked Potato with Ham & Cheese Sauce, Dinner Roll. Green Bean Casserole, and Peaches	18 Quesadilla with Lettuce and Baked Beans, Fresh Fruit Salad, and a Bar	19 Combo Sub Sandwich with Lettuce, Potato Salad, Kiwi, Dried Fruit, and a Chocolate Oatie	20 Chicken Alfredo, Blueberry Muffin Buttered Peas, Romaine Lettuce, Cauliflower and Mandarin Oranges
23 Chili with Crackers, Cinnamon Roll, Baby Carrots, and a Banana	24 Hot Beef Sundae, Mashed Potatoes, Dinner Roll, Peas, and Strawberries	25 Cheese Bread with Pizza Sauce, Three Bean Salad, Broccoli Cauliflower Salad, Oranges	26 Orange Chicken, Mashed Potatoes, Glazed Carrots, Butter Sandwich and Peach Crisp	27 Tomato Soup, Grilled Cheese Sandwich, Raw Veggies, Tossed Salad and Applesauce
30 Cheeseburger on a Fresh Baked Bun, Tomato Slice, Baked Beans, French Fries and a Banana			Grab & Go Yogurt & cheese or cold meat sandwich with veggies, fruit and milk	Salad Bar Make your own salad, meat, veggies, fruit, grains and milk



**MFL MarMac
Community School District**

"This institution is an equal opportunity provider."

High School Lunch Options:
Salad bar and Grab & Go Lunch
served daily.
Middle School Lunch Options:
Salad Bar served Tues & Fri.
Milk served district-wide daily.