

Macfeat Laboratory School Lunch Menu

All lunches served with milk
 *Indicates Vegetarian Option

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15	16
19	20 *Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	21 Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche	22 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	23 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
26 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	27 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	28 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	29 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Fruit Cocktail *Rice and Bean (Wheat)	30 *Cheese Pizza Salad with Dressing Pear Halves

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September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Macfeat Closed</p>	<p>3</p> <p>Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf</p>	<p>4</p> <p>*Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas</p>	<p>5</p> <p>Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa</p>	<p>6</p> <p>Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes</p>
<p>9</p> <p>Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Vegetable Egg Roll</p>	<p>10</p> <p>Wheat Spaghetti & Meatballs w/Marinara Sauce Salad Apples *Soy Meatballs w/Marinara Sauce</p>	<p>11</p> <p>Sliced Turkey Brown Rice and Gravy Baked Sweet Potato w/butter Pear Halves *Hummus & Wheat Pita</p>	<p>12</p> <p>*Baked Potato Bar w/Broccoli, Cheese & Cubed Ham Wheat Rolls Oranges</p>	<p>13</p> <p>Baked Fish Sticks French Fries Broccoli with Dip Bananas *Fried Cheese Triangles</p>
<p>16</p> <p>Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Red Beans and Rice</p>	<p>17</p> <p>Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat</p>	<p>18</p> <p>Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf</p>	<p>19</p> <p>Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Apples *Soy Meatballs w/Alfredo Sauce</p>	<p>20</p> <p>*Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges</p>
<p>23</p> <p>Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Bananas *Hummus and Wheat Pita Bread</p>	<p>24</p> <p>*Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks</p>	<p>25</p> <p>Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche</p>	<p>26</p> <p>Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Apples *Pimento Cheese on Wheat</p>	<p>27</p> <p>Hamburger on Wheat Bun Lettuce & Tomato Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger</p>
<p>30</p> <p>Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito</p>				

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October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	2 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	3 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Fruit Cocktail *Rice and Bean (Wheat)	4 *Cheese Pizza Salad with Dressing Pear Halves
7 BBQ Grilled Chicken Breast Corn Bread Muffins Cucumbers w/dip Apples *Vegetable Nuggets	8 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	9 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	10 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	11 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
14 -----Fall Break----- Macfeat Closed	15	16 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato w/butter Pear Halves *Hummus & Wheat Pita	17 *Baked Potato Bar w/Broccoli, Cheese & Cubed Ham Wheat Rolls Oranges	18 Baked Fish Sticks French Fries Broccoli with Dip Apples *Fried Cheese Triangles
21 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Red Beans and Rice	22 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	23 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	24 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Apples *Soy Meatballs w/Alfredo Sauce	25 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
28 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Bananas *Hummus and Wheat Pita Bread	29 *Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	30 Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche	31 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Apples *Pimento Cheese on Wheat	

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November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hamburger on Wheat Bun Lettuce & Tomato Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
4 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	5 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	6 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	7 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Fruit Cocktail *Rice and Bean (Wheat)	8 *Cheese Pizza Salad with Dressing Pear Halves
11 BBQ Grilled Chicken Breast Corn Bread Muffins Cucumbers w/dip Apples *Vegetable Nuggets	12 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	13 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	14 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	15 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
18 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Vegetable Egg Roll	19 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad Bananas *Soy Meatballs w/Marinara Sauce	20 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato w/butter Pear Halves *Hummus & Wheat Pita	21 *Baked Potato Bar w/Broccoli, Cheese & Cubed Ham Wheat Rolls Oranges	22 Baked Fish Sticks French Fries Broccoli with Dip Apples *Fried Cheese Triangles
25 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Red Beans and Rice	26 Ham and Cheese Sandwich on Wheat Cooked Carrots Apples *Cheese Sandwich on Wheat	27	28	29
-----Thanksgiving Break----- Macfeat Closed				

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December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Bananas *Hummus and Wheat Pita Bread	3 *Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	4 Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche	5 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Apples *Pimento Cheese on Wheat	6 Hamburger on Wheat Bun Lettuce & Tomato Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
9 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	10 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	11 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	12 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Fruit Cocktail *Rice and Bean (Wheat)	13 *Cheese Pizza Salad with Dressing Pear Halves
16 BBQ Grilled Chicken Breast Corn Bread Muffins Cucumbers w/dip Apples *Vegetable Nuggets	17 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	18 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	19 20 -----Winter Break- Macfeat Closed-----	
23 -----Winter Break- Macfeat Closed-----	24	25	26	27
28 -----Winter Break- Macfeat Closed-----	29	30	31	

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January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
-----Winter Break- Macfeat Closed-----				
6	7	8	9	10
-----Winter Break- Macfeat Closed-----				
13 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Vegetable Egg Roll	14 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad Bananas *Soy Meatballs w/Marinara	15 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato w/butter Pear Halves *Hummus & Wheat Pita	16 *Baked Potato Bar w/Broccoli, Cheese & Cubed Ham Wheat Rolls Oranges	17 Baked Fish Sticks French Fries Broccoli with Dip Apples *Fried Cheese Triangles
20 Martin Luther King Day Macfeat Closed	21 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	22 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	23 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Apples *Soy Meatballs w/Alfredo Sauce	24 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
27 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Bananas *Hummus and Wheat Pita Bread	28 *Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	29 Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche	30 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Apples *Pimento Cheese on Wheat	31 Hamburger on Wheat Bun Lettuce & Tomato Tater Tots Corn Cobettes Pear Halves *Vegetable Burger

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February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	4 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	5 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	6 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Fruit Cocktail *Rice and Bean (Wheat)	7 *Cheese Pizza Salad with Dressing Pear Halves
10 BBQ Grilled Chicken Breast Corn Bread Muffins Cucumbers w/dip Apples *Vegetable Nuggets	11 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	12 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	13 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	14 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
17 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Vegetable Egg Roll	18 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad Bananas *Soy Meatballs w/Marinara	19 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato w/butter Pear Halves *Hummus & Wheat Pita	20 *Baked Potato Bar w/Broccoli, Cheese & Cubed Ham Wheat Rolls Oranges	21 Baked Fish Sticks French Fries Broccoli with Dip Apples *Fried Cheese Triangles
24 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Red Beans and Rice	25 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	26 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	27 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Apples *Soy Meatballs w/Alfredo Sauce	28 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges

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March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Bananas *Hummus and Wheat Pita Bread	3 *Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	4 Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche	5 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Apples *Pimento Cheese on Wheat	6 Hamburger on Wheat Bun Lettuce & Tomato Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
9 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	10 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	11 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	12 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Fruit Cocktail *Rice and Bean (Wheat)	13 *Cheese Pizza Salad with Dressing Pear Halves
16	17	18	19	20
-----Spring Break – Macfeat Closed-----				
23 BBQ Grilled Chicken Breast Corn Bread Muffins Cucumbers w/dip Apples *Vegetable Nuggets	24 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	25 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	26 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	27 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
30 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Vegetable Egg Roll	31 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad Apples *Soy Meatballs w/Marinara			

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April 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato w/butter Pear Halves *Hummus & Wheat Pita	2 *Baked Potato Bar w/Broccoli, Cheese & Cubed Ham Wheat Rolls Oranges	3 Baked Fish Sticks French Fries Broccoli with Dip Apples *Fried Cheese Triangles
6 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Red Beans and Rice	7 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	8 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	9 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Apples *Soy Meatballs w/Alfredo Sauce	10 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
13 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Bananas *Hummus and Wheat Pita Bread	14 *Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	15 Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche	16 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Apples *Pimento Cheese on Wheat	17 Hamburger on Wheat Bun Lettuce & Tomato Tater Tots Corn Cobettes Pear Halves *Vegetable Burger
20 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	21 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes Applesauce *Veggie Egg Roll	22 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	23 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Fruit Cocktail *Rice and Bean (Wheat)	24 *Cheese Pizza Salad with Dressing Pear Halves
27 BBQ Grilled Chicken Breast Corn Bread Muffins Cucumbers w/dip Apples *Vegetable Nuggets	28 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	29 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	30 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	

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May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
4 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Vegetable Egg Roll	5 Wheat Spaghetti & Meatballs w/Marinara Sauce Salad Bananas *Soy Meatballs w/Marinara	6 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato w/butter Pear Halves *Hummus & Wheat Pita	7 *Baked Potato Bar w/Broccoli, Cheese & Cubed Ham Wheat Rolls Oranges	8 Baked Fish Sticks French Fries Broccoli with Dip Apples *Fried Cheese Triangles
11 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Red Beans and Rice	12 Ham and Cheese Sandwich on Wheat Cooked Carrots Bananas *Cheese Sandwich on Wheat	13 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	14 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Apples *Soy Meatballs w/Alfredo Sauce	15 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
18 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Bananas *Hummus and Wheat Pita Bread	19 *Cheese Stuffed Shells w/Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	20 Grilled Chicken Breast Rice Cooked Carrots Mandarin Oranges *Broccoli Quiche	21 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Apples *Pimento Cheese on Wheat	22 *Cheese Pizza Salad with Dressing Pear Halves
25	26	27	28	29
-----Happy Summer – Macfeat Closed-----				