

Macfeat School Lunch Menu



All lunches served with milk
 *Indicates vegetarian option

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	22 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche	23 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	24 Hamburger on Wheat Bun Tater Tots Corn Cobettes Pear Halves *Vegetable Burger
27 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	28 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes (w/Mini-Marshmallows) Applesauce *Vegetable Egg Roll	29 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	30 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Oranges *Vegetable Egg Roll	31 *Cheese Pizza Salad with Dressing Pear Halves

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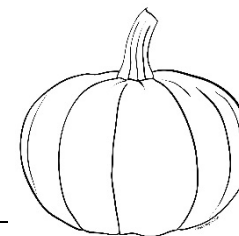


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September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day Macfeat Closed	4 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	5 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	6 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	7 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
10 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Rice and Bean (Wheat) Burrito	11 Wheat Spaghetti & Meatballs w/Marinara Sauce Cucumbers with Dip Apples *Soy Meatballs w/Marinara Sauce	12 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato (w/butter & brown sugar) Pear Halves *Hummus & Wheat Pita Bread	13 Chicken and Dumplings Wheat Rolls Peas and Carrots Oranges *Red Beans and Rice	14 Baked Fish Sticks French Fries Broccoli with Dip Bananas *Fried Cheese Triangles
15 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Broccoli & Cheese Baked Potato	16 Ham and Cheese Sandwich on Wheat Glazed Carrots Apples *Cheese Sandwich on Wheat	17 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	18 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Bananas *Soy Meatballs w/Alfredo Sauce	19 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
22 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Apples *Hummus and Wheat Pita Bread	23 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	24 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche	25 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	26 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger

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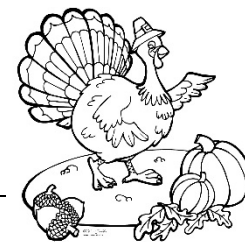
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October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	2 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes (w/Mini-Marshmallows) Applesauce *Vegetable Egg Roll	3 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	4 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Oranges *Vegetable Egg Roll	5 *Cheese Pizza Salad with Dressing Pear Halves
8 BBQ Grilled Chicken Breast Corn Bread Muffins Corn Cobquettes Apples *Vegetable Nuggets	9 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	10 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	11 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Quesadilla w/salsa	12 Fall Break Macfeat Closed
15 Fall Break Macfeat Closed	16 Wheat Spaghetti & Meatballs w/Marinara Sauce Cucumbers with Dip Apples *Soy Meatballs w/Marinara Sauce	17 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato (w/butter & brown sugar) Pear Halves *Hummus & Wheat Pita Bread	18 Chicken and Dumplings Wheat Rolls Peas and Carrots Oranges *Red Beans and Rice	19 Baked Fish Sticks French Fries Broccoli with Dip Bananas *Fried Cheese Triangles
22 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Broccoli & Cheese Baked Potato	23 Ham and Cheese Sandwich on Wheat Glazed Carrots Apples *Cheese Sandwich on Wheat	24 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	25 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Bananas *Soy Meatballs w/Alfredo Sauce	26 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
29 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Apples *Hummus & Wheat Pita Bread	30 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	31 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche		

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November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	2 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
5 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	6 Election Day – Macfeat Closed	7 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	8 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Oranges *Vegetable Egg Roll	9 *Cheese Pizza Salad with Dressing Pear Halves
12 BBQ Grilled Chicken Breast Corn Bread Muffins Corn Cobbettes Apples *Vegetable Nuggets	13 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	14 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	15 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Quesadilla w/salsa	16 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
19 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Rice and Bean (Wheat) Burrito	20 Wheat Spaghetti & Meatballs w/Marinara Sauce Cucumbers with Dip Apples *Soy Meatballs w/Marinara Sauce	19	20	21
24 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Broccoli & Cheese Baked Potato	25 Ham and Cheese Sandwich on Wheat Glazed Carrots Apples *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 Bananas *Soy Meatballs w/Alfredo Sauce	28 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges

Thanksgiving Break Macfeat Closed

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December 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Apples *Hummus and Wheat Pita Bread	4 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	5 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche	6 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	7 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
10 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	11 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes (w/Mini-Marshmallows) Applesauce *Vegetable Egg Roll	12 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	13	14
17	18	19	20	21
24	25	Winter Break – Macfeat Closed Happy Holidays!		
31				

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January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Winter Break – Macfeat Closed				
7 BBQ Grilled Chicken Breast Corn Bread Muffins Corn Cobbettes 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 Quesadilla w/salsa	11 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
14 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Rice and Bean (Wheat) Burrito	15 Wheat Spaghetti & Meatballs w/Marinara Sauce Cucumbers with Dip Apples *Soy Meatballs w/Marinara Sauce	16 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato (w/butter & brown sugar) Pear Halves *Hummus & Wheat Pita Bread	17 Chicken and Dumplings Wheat Rolls Peas and Carrots Oranges *Red Beans and Rice	18 Baked Fish Sticks French Fries Broccoli with Dip Bananas *Fried Cheese Triangles
21 Martin Luther King Day Macfeat Closed	22 Ham and Cheese Sandwich on Wheat Glazed Carrots Apples *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 Bananas *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 Apples *Hummus and Wheat Pita Bread	29 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	30 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche	31 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	

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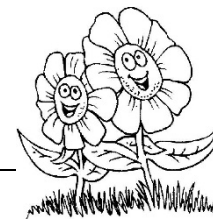
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February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburger on Wheat Bun 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 (w/Mini-Marshmallows) Applesauce *Vegetable 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 Oranges *Vegetable Egg Roll	8 *Cheese Pizza Salad with Dressing Pear Halves
11 BBQ Grilled Chicken Breast Corn Bread Muffins Corn Cobbettes 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 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 *Rice and Bean (Wheat) Burrito	19 Wheat Spaghetti & Meatballs w/Marinara Sauce Cucumbers with Dip Apples *Soy Meatballs w/Marinara Sauce	20 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato (w/butter & brown sugar) Pear Halves *Hummus & Wheat Pita Bread	21 Chicken and Dumplings Wheat Rolls Peas and Carrots Oranges *Red Beans and Rice	22 Baked Fish Sticks French Fries Broccoli with Dip Bananas *Fried Cheese Triangles
25 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Broccoli & Cheese Baked Potato	26 Ham and Cheese Sandwich on Wheat Glazed Carrots Apples *Cheese Sandwich on Wheat	27 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	28 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Bananas *Soy Meatballs w/Alfredo Sauce	

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March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
4 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Apples *Hummus and Wheat Pita Bread	5 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	6 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche	7 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	8 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
11	12	13	14	15
Spring Break – Macfeat Closed				
18 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	19 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes (w/Mini-Marshmallows) Applesauce *Vegetable Egg Roll	20 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	21 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Oranges *Vegetable Egg Roll	22 *Cheese Pizza Salad with Dressing Pear Halves
25 BBQ Grilled Chicken Breast Corn Bread Muffins Corn Cobbettes Apples *Vegetable Nuggets	26 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf	27 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	28 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Quesadilla w/salsa	29 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes

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April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Rice and Bean (Wheat) Burrito	2 Wheat Spaghetti & Meatballs w/Marinara Sauce Cucumbers with Dip Apples *Soy Meatballs w/Marinara Sauce	3 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato (w/butter & brown sugar) Pear Halves *Hummus & Wheat Pita Bread	4 Chicken and Dumplings Wheat Rolls Peas and Carrots Oranges *Red Beans and Rice	5 Baked Fish Sticks French Fries Broccoli with Dip Bananas *Fried Cheese Triangles
8 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Broccoli & Cheese Baked Potato	9 Ham and Cheese Sandwich on Wheat Glazed Carrots Apples *Cheese Sandwich on Wheat	10 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	11 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Bananas *Soy Meatballs w/Alfredo Sauce	12 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
15 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Apples *Hummus and Wheat Pita Bread	16 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	17 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche	18 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	19 Hamburger on Wheat Bun Tater Tots Corn Cobbettes Pear Halves *Vegetable Burger
22 Turkey and Cheese Sandwich on Wheat Lettuce and Tomato Bananas *Bean and Cheese Wheat Burrito	23 Sliced Ham Wheat Macaroni and Cheese Whipped Sweet Potatoes (w/Mini-Marshmallows) Applesauce *Vegetable Egg Roll	24 Turkey (Wheat) Lasagna Green Beans Fruit Cocktail *Vegetable (Wheat) Lasagna	25 Crispy Baked Chicken Breast Whole Grain Roll Scalloped Potatoes Cooked Carrots Oranges *Vegetable Egg Roll	26 *Cheese Pizza Salad with Dressing Pear Halves
29 BBQ Grilled Chicken Breast Corn Bread Muffins Corn Cobbettes Apples *Vegetable Nuggets	30 Turkey Meat Loaf Mashed Potatoes and Gravy Green Beans Peach Slices *Vegetable Meat Loaf			

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May 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 *Cheese Ravioli with Sauce Whole Grain Garlic Bread Salad with Dressing Bananas	2 Chicken and Cheese Wheat Quesadilla w/salsa Cauliflower with Dip Pineapple Chunks *Cheese Wheat Quesadilla w/salsa	3 Sloppy Joes on Wheat Bun Steamed Broccoli Oranges *Vegetable Sloppy Joes
6 Corn Shell Tacos with Ground Turkey and Cheese Shredded Lettuce and Chopped Tomatoes Mandarin Oranges *Rice and Bean (Wheat) Burrito	7 Wheat Spaghetti & Meatballs w/Marinara Sauce Cucumbers with Dip Apples *Soy Meatballs w/Marinara Sauce	8 Sliced Turkey Brown Rice and Gravy Baked Sweet Potato (w/butter & brown sugar) Pear Halves *Hummus & Wheat Pita Bread	9 Chicken and Dumplings Wheat Rolls Peas and Carrots Oranges *Red Beans and Rice	10 Baked Fish Sticks French Fries Broccoli with Dip Bananas *Fried Cheese Triangles
13 Fried Chicken Tenders Steamed Brown Rice Succotash Peach Slices *Broccoli & Cheese Baked Potato	14 Ham and Cheese Sandwich on Wheat Glazed Carrots Apples *Cheese Sandwich on Wheat	15 Sliced Roast Beef Roasted Red Potatoes Green Beans Apple Sauce *Vegetable Meat Loaf	16 Chicken Parmesan (Wheat) Pasta w/Alfredo Sauce Buttered Peas Bananas *Soy Meatballs w/Alfredo Sauce	17 *Grilled Cheese on Wheat Tomato Soup Celery with Dip Oranges
20 Sliced Pork Roast Loin Brown Rice and Gravy Green Beans Apples *Hummus and Wheat Pita Bread	21 *Cheese Stuffed Shells with Sauce Whole Grain Rolls Salad with Dressing Pineapple Chunks	22 Chicken Broccoli Casserole Wheat Rolls Glazed Carrots Mandarin Oranges *Broccoli Quiche	23 Beef Tips with Gravy Buttered Wheat Noodles Broccoli and Cauliflower Bananas *Pimento Cheese on Wheat	24 Hamburger on Wheat Bun Tater Tots Corn Cobettes Pear Halves *Veg



Have a great Summer!