

# Midwest Central 191 Primary Lunch Menu

February  
2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza Or Walking Taco w/ Scoops Steamed Broccoli Salsa/Black Beans Assorted Fresh Fruit
4	5	6 <b>Wacky Wednesday</b>	7	8
Juicy Cheddar Burger Or Turkey Sausage Pizza Garden Salad Fiesta Beans Assorted Fresh Fruit	**Popcorn Chicken Or Hot Dog Garlic Green Beans Baby Carrots/Ranch 100% Fruit Juice	Crispy Chicken on a Bun Or **Rotini/ Meat Sauce Sweet Corn Sliced Cucumber Assorted Fresh Fruit	Fiesta Nachos Or Chicken Quesadilla Seasoned Black Beans Fresh Broccoli Applesauce	**Homemade Savory Chili Or Baked Chicken Nuggets/Roll Garden Salad Potato Puffs 100% Fruit Juice
11	12	13	14	15
Crispy Chicken Sandwich Or Soft Shell Zesty Tacos Refried Beans Broccoli Buds 100% Fruit Juice	Turkey Sub w/Toppings Or Chicken Nuggets w/ Roll Cauliflower Tri- Tater (1) Assorted Fresh Fruit	** Homemade Chicken Alfredo Or Pepperoni Pizza Sweet Corn Garden Fresh Salad Assorted Fresh Fruit	Meatballs/Brown Gravy Or Grilled Cheese Sandwich Mashed Potatoes Broccoli Florets 100% Fruit Juice	Grilled Cheeseburger Or Cheese Pizza Seasoned Green Beans Baby Carrots/Ranch Assorted Fresh Fruit
18	19	20	21	22
NO SCHOOL	Crispy Chicken on a Bun Or *BBQ Rib Sandwich Garden Salad Potato Puffs Assorted Fresh Fruit	1/2 Day Early Dismissal  No Lunch Served	Crunchy Mini Corn Dogs Or Fiesta Nachos w/ Toppings Refried Beans Cucumber Slices Assorted Fresh Fruit	Cheese Pizza Or Chicken Nuggets w/ Roll Baby Carrots w/Ranch Tri—Tater (1) 100% Fruit Juice
25	26	27 <b>Wacky Wednesday</b>	28	
Hot Dog Or Spicy Chicken Sandwich BBQ Veggie Beans Fresh Broccoli 100% Fruit Juice	Crunchy Mini Corn Dogs Or Grilled Cheeseburger Steamed Carrot Coins Sliced Cucumbers Assorted Fresh Fruit	**Ravioli in Marinara Sauce Or Stuffed Pizza Sticks Sweet Corn Garden Salad Assorted Fresh Fruit	**Chicken Tenders Or Pepperoni Pizza Steamed Broccoli Cauliflower Buds 100% Fruit Juice	

**Lunch**  
**\$0.00**  
Milk is  
included  
With Meal

**Milk**  
**\$0.40**  
A Variety of  
Milk is Offered  
Daily

Questions about the menu?  
Mary Hill, FSM  
hill@midwestcentral.org  
309-968-6464X 109  
For more information  
or to "Ask the Dietitian",  
check out our website!



Comprehensive  
nutrition & allergy  
guides are  
available in the  
Foodservice Office.

(\*) Contains Pork  
(\*\*) Served With a Roll  
Menu changes are occasionally  
necessary. Notice will be given when  
possible.  
This institution is an equal opportunity  
employer.

