

Midwest Central 191 Primary Lunch Menu

March 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 Wacky Wednesday	7	8
NO SCHOOL	**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	**Pasta w/ Meat Sauce 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	**Baked Mac & Cheese 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 Wacky Wednesday	21	22
Juicy Cheeseburger Or Walking Tacos w/Scoops Seasoned Corn Baby Carrots w/Ranch Assorted Fresh Fruit	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	28	29
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	Grilled Cheese Or Fiesta Nachos Romaine/ Tomatoes Tri-Tater (1) Assorted Fresh Fruit

Lunch \$0.00 Milk is included With Meal	Milk \$0.40 A Variety of Milk is Offered Daily
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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.