

Midwest Central 191 Primary Lunch Menu

May
2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Grilled Cheeseburger Or Chicken Patty on a Bun Seasoned Green Beans Cherry Tomatoes Assorted Fresh Fruit	Salisbury Steak Sandwich Or Cheesy Garlic Flatbread Garden Salad Mashed Potatoes 100% Fruit Juice	Cheese Pizza Or Walking Taco w/Scoops Steamed Broccoli Salsa/Black Beans Assorted Fresh Fruit
6	7	8	9	10
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	**Pasta w/Meat Sauce Or Baked Chicken Nuggets/Roll Garden Salad Potato Puffs 100% Fruit Juice
13	14	15	16	17
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
20	21	22	23	24
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	Grilled Cheeseburger Or **Spaghetti/Meat Sauce Fresh Broccoli Garbanzo Beans 100% Fruit Juice	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
27	28	29	30	31
No School	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

<p>Lunch \$0.00 Milk is included with Meal</p>	<p>Milk \$0.40 A Variety of Milk is offered Daily</p>
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Questions about the menu?
Mary Hill, FSM
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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.

