

# Midwest Central 191 Primary Lunch Menu

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				French Toast Sticks Or Cheese Pizza Steamed Broccoli Salsa/Black Beans Assorted Fresh Fruit
4	5	6	7	8
Ham Sub w/Toppings Or Cheeseburger Garden Salad Fiesta Beans Assorted Fresh Fruit	**Popcorn Chicken Or Soft Tacos Garlic Green Beans Baby Carrots/Ranch 100% Fruit Juice	**Rotini/Meat Sauce Or Crispy Chicken on a Bun Sweet Corn Sliced Cucumber Assorted Fresh Fruit	Fiesta Nachos Or Hot Dog Seasoned Black Beans Fresh Broccoli Applesauce	Pizza Dippers Or Pepperoni Pizza Garden Salad Potato Puffs 100% Fruit Juice
11	12	13	14	15
Crispy Chicken Sandwich Or Cheeseburger Refried Beans Broccoli Buds 100% Fruit Juice	Chicken Ranch Wrap Or Soft Tacos Cauliflower Tri- Tater (1) Assorted Fresh Fruit	**Chicken Alfredo Bake Or Chicken Patty on a Bun Sweet Corn Garden Fresh Salad Assorted Fresh Fruit	Grilled Cheese Or Hot Dog Mashed Potatoes Broccoli Florets 100% Fruit Juice	**Chicken Nuggets Or Cheese Pizza Seasoned Green Beans Baby Carrots/Ranch Assorted Fresh Fruit
18	19 <b>Funfetti Cookie Day</b>	20 <b>Wacky Wednesday</b>	21	22
French Toast Sticks Or Juicy Cheeseburger Seasoned Corn Baby Carrots w/Ranch Assorted Fresh Fruit	*BBQ Riblette Or Soft Tacos Garden Salad Potato Puffs Assorted Fresh Fruit	** Meaty Lasagna Or Chicken Patty on a Bun Fresh Broccoli Garbanzo Beans 100% Fruit Juice	Fiesta Nachos Or Hot Dog Refried Beans Cucumber Slices Assorted Fresh Fruit	1/2 Day Early Dismissal  No Lunch Served
25	26	27	28	29
Spicy Chicken Sandwich Or Juicy Cheeseburger BBQ Veggie Beans Fresh Broccoli 100% Fruit Juice	Crunchy Mini Corn Dogs Or Soft Tacos Steamed Carrot Coins Sliced Cucumbers Assorted Fresh Fruit	No School	Happy Thanksgiving	No School

Lunch \$0.00  
Milk is included  
With Lunch

Milk \$0.40  
A Variety of Milk  
is Offered Daily

**Daily Choice**

Monday: Chef Salad  
Tuesday: Turkey Deli Sub  
Wednesday: Taco Wrap  
Thursday: Ham Pinwheel  
Friday: Buffalo Chicken Wrap

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.