

# Midwest Central 191 Primary Lunch Menu

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Maple Madness Pancakes Turkey Sausage Or Soft Tacos Tater Puffs Baby Carrots/Ranch Applesauce	**Spaghetti w/Meat Sauce Or Chicken Patty on a Bun Seasoned Green Beans Cherry Tomatoes Assorted Fresh Fruit	Salisbury Steak Sandwich Or Hot Dog Garden Salad Mashed Potatoes 100% Fruit Juice	French Toast Sticks Or Cheese Pizza Steamed Broccoli Salsa/Black Beans Assorted Fresh Fruit
<b>7</b>	<b>8</b>	<b>9 Wacky Wednesday</b>	<b>10 Fiesta Day</b>	<b>11 Treat Day</b>
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
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
No School	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	1/2 Day Early Dismissal  No Lunch Served
<b>21</b>	<b>22 Funfetti Cookie Day</b>	<b>23 Wacky Wednesday</b>	<b>24</b>	<b>25</b>
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	No School
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
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	Ravioli in Marinara Sauce Or Chicken Patty on a Bun Sweet Corn Garden Salad Assorted Fresh Fruit	**Chicken Tenders** Or Hot Dog Steamed Broccoli Cauliflower Buds 100% Fruit Juice	

**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  
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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.