

# Midwest Central 191 Primary Lunch Menu

## November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7 <b>Wacky Wednesday</b>	8	9 <b>New Item</b>
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	<b>Pizza Burger</b> Or Baked Chicken Nuggets/Roll Garden Salad Potato Puffs 100% Fruit Juice
12	13	14 <b>New Item</b>	15	16
Crispy Chicken Sandwich Or Soft Shell Zesty Tacos Refried Beans Salsa 100% Fruit Juice	Turkey Sub w/ Toppings Or Chicken Nuggets w/Roll Steamed Cauliflower Tri-Tater (1) Assorted Fresh Fruit	<b>Chicken Alfredo w/Roll</b> Or Pepperoni Pizza Garden Fresh Salad Cherry Tomatoes 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
19	20 <b>Funfetti Cookie Day</b>	21	22	23
Juicy Cheeseburger Or Walking Tacos w/ Scoops Seasoned Corn Baby Carrots w/Ranch Assorted Fresh Fruit	Baked Turkey Or Baked Ham Mashed Potatoes Baked Beans Baked Cinnamon Apples	No School	No School	No School
26	27	28 <b>Wacky Wednesday</b>	29	30
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	1/2 Day Early Dismissal No Lunch Served	**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**  
\$0.40

Questions about the menu?  
Mary Hill, FSM  
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309-968-6464 X109

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.

