

# Midwest Central 191 Primary Lunch Menu

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2 Brunch for Lunch</b>	<b>3 Wacky Wednesday</b>	<b>4</b>	<b>5</b>
Chicken Nuggets w/Roll Or Fiesta Nachos w/Toppings Golden Corn Fresh Broccoli	Ham, Egg/Cheese Biscuit Or Maple Madness Pancakes Turkey Sausage Tri-Tater (2) Baby Carrots/Ranch Applesauce	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
<b>8</b>	<b>9</b>	<b>10 Wacky Wednesday</b>	<b>11 Fiesta Day</b>	<b>12 New Item</b>
Columbus Day  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	Pizza Burger Or Baked Chicken Nuggets/Roll Garden Salad Potato Puffs 100% Fruit Juice
<b>15</b>	<b>16</b>	<b>17 New Item</b>	<b>18</b>	<b>19</b>
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	Chicken Alfredo w/Roll 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
<b>22</b>	<b>23 Funfetti Cookie Day</b>	<b>24</b>	<b>25</b>	<b>26</b>
Juicy Cheeseburger Or Walking Tacos w/ Scoops Seasoned Corn Baby Carrots w/ Ranch Assorted Fresh Fruit	Crispy Chicken on a Bun Or *BBQ Riblette Garden Salad Potato Puffs Assorted Fresh Fruit	Early Dismissal 1/2 Day No Lunch Served	Crunchy Mini Corn Dogs Or Fiesta Nachos w/Toppings Refried Beans Cucumber Slices	Parent/ Teacher Conference No School
<b>29</b>	<b>30</b>	<b>31 Wacky Wednesday</b>		
Hot Dog Or Spicy Chicken Sandwich BBQ Veggie Beans Fresh Broccoli	Crunchy Mini Corn Dogs Or Grilled Cheeseburger Steamed Carrot Coins Sliced Cucumbers	Ravioli in Marinara Sauce Or Stuffed Pizza Sticks Sweet Corn Garden Salad		

**Lunch**  
**\$0.00**

**Milk**  
**\$0.40**

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.

