



# MES Café -September 2018



K-5<sup>th</sup>: \$2.25

Extra Milk: \$.70

Fruit Juice: \$.50extra

Monday- 3 <sup>rd</sup>	Tuesday -4 <sup>th</sup>	Wednesday -5 <sup>th</sup>	Thursday -6 <sup>th</sup>	Friday - 7 <sup>th</sup>
		<p>*Pulled Pork or Chicken Bites, Black Eye Peas, Collard Greens, Grapes, Applesauce, &amp; Cornbread</p>	<p>Hot Dog on Bun or Chicken Alfredo w/Breadstick, Baby Carrots, Cherry Tomatoes, Ranch Dressing, Green Beans, Banana, &amp; Pineapple Chunks</p>	<p>Stuffed Crust Pizza or *Hot Ham and Cheese Sandwich, Fresh Romaine Salad, French Fries, Assorted Fresh Fruit &amp; Fruit cocktail</p>
Monday -10 <sup>th</sup>	Tuesday -11 <sup>th</sup>	Wednesday -12 <sup>th</sup>	Thursday - 13 <sup>th</sup>	Friday -14 <sup>th</sup>
<p>Taco Salad w/Fixings or Mexican Pizza, Chili Beans, Salsa, Steamed Broccoli, Fresh Apples or Fruit Cocktail</p>	<p>Spaghetti or *Baked Ham and cheese Omelet, Fresh Romaine Salad, Steamed Carrots, Banana, Sliced Pears, &amp; Biscuit</p>	<p>Cheeseburger or Corn Dog, Lettuce, Tomato, Pickle, French Fries, Baked Beans, Peach cups, or Kiwi</p>	<p>Grilled Cheese Sandwich or Country Steak w/gravy, mashed potatoes, Green peas, grapes and pineapple, Whole wheat roll and pudding</p>	<p>Cheese Pizza or BBQ Chicken Sandwich, Fresh Romaine Salad, Corn on the Cob, Applesauce or Fresh Pear</p>
Monday - 17 <sup>th</sup>	Tuesday - 18 <sup>th</sup>	Wednesday - 19 <sup>th</sup>	Thursday - 20 <sup>th</sup>	Friday - 21 <sup>st</sup>
<p>Chicken Tenders w/ Roll, Meat Ball Sub, Coleslaw, Steamed Broccoli w/cheese, Grapes &amp; Blueberries</p> <p><b>Blue Day</b></p>	<p>Chili with Cheeze Its or Quesadilla w/Salsa, Carrots &amp; Cauliflower w/Ranch Dressing, Baked Potato, Apple, Pear Halves &amp; Cinnamon Roll</p> <p><b>White Day</b></p>	<p>Chicken Fajitas with Fixings or Deli Turkey &amp; Cheese Sandwich, Black Eye Peas, Potato Wedges, Apples &amp; Strawberries, Hushpuppies</p> <p><b>Red Day</b></p>	<p>*Ham &amp; Turkey Hoagie or Chicken Bites, Sweet Potato Fries, Banana &amp; Green Peas, Mandarin Oranges</p> <p><b>Yellow/Orange Day</b></p>	<p>Pizza or Flat bread with ham and Cheese, Fresh Romaine Salad, steamed corn, Kiwi and Assorted can fruit, &amp; Graham Cracker</p> <p><b>Green Day</b></p>
Monday - 24 <sup>th</sup>	Tuesday -25 <sup>th</sup>	Wednesday -26 <sup>th</sup>	Thursday -27 <sup>th</sup>	Friday -28 <sup>th</sup>
<p>Fish Nuggets or General Tso Chicken, Stir Fry Vegetables, Coleslaw, Brown Rice, Fresh Apple, Pear Halves, Whole Wheat Roll, &amp; Ice Cream Cup</p>	<p>Cheeseburger Sliders or Crisпитos w/salsa, Peas &amp; Carrots, sweetings, Kiwi, Peaches and Brownie</p>	<p>Chicken Tenders or Meat Ball Sub, Steamed Broccoli, Sweet Potato Fries, Fresh Pear, Mandarin Oranges, Parker House Roll</p>	<p>Hot Dog on Bun or Chicken Alfredo w/Breadstick, Baby Carrots, Cherry Tomatoes, Green Beans, Banana, &amp; Pineapple Chunks</p>	<p>Stuffed Crust Pizza or *Hot Ham and Cheese Sandwich, Fresh Romaine Salad, French Fries, Assorted Fresh Fruit &amp; Fruit cocktail</p>

\* CONTAIN PORK, OR NUTS. MILK IS INCLUDED WITH MEAL. Grab & Go Meal – M, T, Th & F Only Chef Salad- Wed. Only

**Menu is Subject to Change**

## Breakfast Menu

Breakfast: \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit, *Sausage, or *Sausage & Cheese Bagel, Yogurt Parfait, Cereal, Fruit, Assorted Fruit Juice, muffins, oatmeal	French Toast Sticks or Scrambled Egg Square, *Sausage Links, Yogurt Parfait, Cereal, Fruit, Assorted Fruit Juice, Muffins	Biscuit, Chicken Patty or *Breakfast Pizza, Yogurt Parfait, Cereal bar, Fruit, Assorted Fruit Juice and assorted cereal	*Ham, Egg, & Cheese Croissant or *Bagel & cream cheese. Mini pancakes, Yogurt Parfait, Cereal, Fruit, Assorted Fruit Juice	Biscuit, *Sausage Gravy or Mini waffles, Yogurt Parfait, Cereal, Fruit, Strudel Sticks Assorted Fruit Juice

**\* CONTAIN PORK, OR NUTS. MILK IS INCLUDED WITH MEAL.**

**\*Breakfast Menu Same Each Week\***

**Menu is Subject to Change**