

# Mackinaw Breakfast and Lunch Menu

## September—November 2019



### 3 Week Breakfast and Lunch Cycle

Offered with Breakfast: Fruit, Juice and Milk. Offered with Lunch: Choice of 1% White or 1% Chocolate Milk, Baby Carrots, and Assorted Fruit. Alternate Entrees also available. Milk A-La-Carte price is .60. Mackinaw High School will be participating in the Community Eligibility Provision as part of the National School Lunch and School Breakfast Programs for the 2019-2020 school year. This means all students enrolled at this school will receive free breakfast and lunch. USDA is an equal opportunity provider and employer. **\*Item May Contain Pork**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<b>Week 1</b>	Choice of Cereal (23/2) w/ WG Graham Crackers (19/1) or Yogurt (16)	WG Pancake & Sausage* on a Stick (18/2)	WG Egg, Cheese & Turkey Bacon Breakfast Pizza (25/2)	WG Turkey Sausage, Egg & Cheese Breakfast Sliders (21/2)	WG French Toast Sticks (24/3)
	Little Caesar's WG Pepperoni* Pizza Oven Fries Choice of Fruit & Milk	Turkey and Gravy over Mashed Potatoes, WG Dinner Roll Choice of Fruit & Milk	Soft Shell Beef Taco on WG Tortilla & Toppings Refried Beans, WG Muffin Choice of Fruit & Milk	WG Chicken Patty Sandwich on WG Bun Oven Fries Choice of Fruit & Milk	WG Turkey Pepperoni Pizza Calzone Steamed Broccoli Choice of Fruit & Milk
<b>Week 2</b>	Choice of Cereal (23/2) w/ WG Graham Crackers (19/1) or Yogurt (16)	WG Pancake & Sausage* on a Stick (18/2)	WG Egg, Cheese & Turkey Bacon Breakfast Pizza (25/2)	WG Turkey Sausage, Egg & Cheese Breakfast Sliders (21/2)	WG French Toast Sticks (24/3)
	Little Caesar's WG Pepperoni* Pizza Oven Fries Choice of Fruit & Milk	WG Chicken Nuggets Mashed Potatoes w/Gravy WG Dinner Roll Choice of Fruit & Milk	WG Spaghetti w/Meat Sauce WG Bosco Bread Stick Garden Salad w/Dressing Choice of Fruit & Milk	WG Spicy Chicken Patty on WG Bun Vegetarian Baked Beans Choice of Fruit & Milk	Crazy Cheesy Bread w/Dipping Sauce Golden Corn Choice of Fruit & Milk
<b>Week 3</b>	Choice of Cereal (23/2) w/ WG Graham Crackers (19/1) or Yogurt (16)	WG Pancake & Sausage* on a Stick (18/2)	WG Egg, Cheese & Turkey Bacon Breakfast Pizza (25/2)	WG Turkey Sausage, Egg & Cheese Breakfast Sliders (21/2)	WG French Toast Sticks (24/3)
	Little Caesar's WG Pepperoni* Pizza Oven Fries Choice of Fruit & Milk	WG Popcorn Chicken Mashed Potato Bowl Golden Corn, WG Dinner Roll Choice of Fruit & Milk	WG Sweet & Sour Chicken Bowl with Brown Rice Steamed Broccoli Choice of Fruit & Milk	Cheeseburger Deluxe on WG Bun Oven Fries Choice of Fruit & Milk	Taco Max Snacks with Sassy Salsa Fiesta Taco Beans Choice of Fruit & Milk

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

### September 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

### October 2019

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

### November 2019

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

#### NOTES:

- 9/2: Labor Day-No School
- 10/31: 1/2 Day -No Lunch
- 11/27-11/29: Thanksgiving Break