



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<div style="border: 1px solid black; padding: 5px; width: fit-content;">           Lunch Meal Prices:            \$2.25 High School            \$2.00 ELEMENTARY            BREAKFAST: \$1.50 PRE-K-12            Milk .50            Adult milk: .60/Adult Lunch \$4.00         </div>		<b>ELEMENTARY LUNCH</b>		2011	
<sup>5</sup> LABOR DAY NO SCHOOL	<sup>6</sup> SUPERINTENDENT'S DAY NO SCHOOL TODAY	<sup>7</sup> MCS CHEF SALAD BREADS OFFERED@MCS FRESH FRUIT TRAY MILK OFFERED@MCS PB/GRAPE JELLY SANDWICH TURKEY SANDWICH	<sup>8</sup> MCS SOFT/HARD TACOS LETTUCE & TOMATO SALSA TACO SAUCE MOZZARELLA CHEESE MILK OFFERED@MCS FRESH FRUIT BOWL	<sup>9</sup> MCS PIZZA GARDEN SALAD PB/GRAPE JELLY SANDWICH MILK OFFERED@MCS MIXED FRUIT GREEN BEANS	<b>Cal 821</b> <b>T.Fat 24.93 G</b> <b>S.Fat 9.2 G</b> <b>Chol 90.8 Mg</b> <b>Sodm 832.07 Mg</b>
<sup>12</sup> MCS HOT DOG/BUN MICHIGAN SAUCE GARDEN SALAD MILK OFFERED@MCS BREADS OFFERED@MCS HAM SANDWICH PB/GRAPE JELLY SANDWICH	<sup>13</sup> MCS VIKING RIBS MASHED POTATOES GARDEN SALAD PB/GRAPE JELLY SANDWICH MILK OFFERED@MCS FRESH FRUIT BOWL	<sup>14</sup> ROAST CHICKEN GARDEN SALAD BROCCOLI,raw PB/GRAPE JELLY SANDWICH TURKEY SANDWICH MILK OFFERED@MCS BREADS OFFERED@MCS	<sup>15</sup> MCS ITALIAN DUNKERS GARDEN SALAD SALAD DRESSING, Assorted BREADS OFFERED@MCS FRESH FRUIT BOWL MILK OFFERED@MCS PB/GRAPE JELLY SANDWICH	<sup>16</sup> MCS PIZZA GARDEN SALAD PB/GRAPE JELLY SANDWICH MILK OFFERED@MCS GREEN BEANS FRESH FRUIT BOWL	<b>Cal 676</b> <b>T.Fat 15.34 G</b> <b>S.Fat 4.8 G</b> <b>Chol 39.3 Mg</b> <b>Sodm 755.43 Mg</b>
<sup>19</sup> MCS CHICKEN NUGGETS/PATT GARDEN SALAD BREADS OFFERED@MCS MILK OFFERED@MCS FRESH FRUIT BOWL BROCCOLI,raw	<sup>20</sup> MCS HAMBURGER/BUN GARDEN SALAD ITALIAN DRESSING/LOW FAT FRESH FRUIT TRAY PB/GRAPE JELLY SANDWICH HAM SANDWICH	<sup>21</sup> PASTA/TOMATO SAUCE GARDEN SALAD LITE RANCH DRESSING PB/GRAPE JELLY SANDWICH TURKEY SANDWICH FRESH FRUIT BOWL	<sup>22</sup> MCS MIXED SUBS LETTUCE & TOMATO CHEESE SLICE FRESH FRUIT BOWL MILK OFFERED@MCS PB/GRAPE JELLY SANDWICH	<sup>23</sup> MCS PIZZA PB/GRAPE JELLY SANDWICH GARDEN SALAD APPLES, Fresh MILK OFFERED@MCS FRUIT JUICE, ASSORTED	<b>Cal 632</b> <b>T.Fat 13.82 G</b> <b>S.Fat 4.2 G</b> <b>Chol 26.7 Mg</b> <b>Sodm 787.96 Mg</b>
<sup>26</sup> MCS DELI BAR MONDAY PB/GRAPE JELLY SANDWICH LETTUCE & TOMATO CHEESE SLICE FRESH FRUIT SALAD BREADS OFFERED@MCS	<sup>27</sup> MCS HOT TURKEY SANDWICH CRANBERRY SAUCE SALAD DRESSING, Assorted SALAD, TOSSED MILK OFFERED@MCS FRESH FRUIT BOWL	<sup>28</sup> SPAGHETTI WITH MEATBALLS GARDEN SALAD ITALIAN DRESSING/LOW FAT FRESH FRUIT TRAY PB/GRAPE JELLY SANDWICH	<sup>29</sup> CHICKEN FAJITAS PEPPERS AND ONIONS FRESH FRUIT BOWL CARROT STICKS MILK OFFERED@MCS PB/GRAPE JELLY SANDWICH	<sup>30</sup> MCS PIZZA GARDEN SALAD PB/GRAPE JELLY SANDWICH SALAD DRESSING, Assorted MILK OFFERED@MCS FRUIT JUICE, ASSORTED	<b>Cal 615</b> <b>T.Fat 14.27 G</b> <b>S.Fat 4.5 G</b> <b>Chol 32.6 Mg</b> <b>Sodm 819.58 Mg</b>