



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
ELEMENTARY LUNCH		2010-2011		BREAKFAST PRICE \$1.35 Lunch Meal Prices: \$2.10 High School \$1.85 Elementary Milk varieties offered at \$.50	
6 LABOR DAY	7 SUPERINTENDENT'S DAY	8 SUPERINTENDENT'S DAY NO SCHOOL TODAY	9 MCS ITALIAN DUNKERS MOZZARELLA CHEESE LETTUCE & TOMATO FRUIT JUICE, ASSORTED MILK - Variety PB/GRAPE JELLY SANDWICH	10 MCS PIZZA GARDEN SALAD MILK - Variety PB/GRAPE JELLY SANDWICH FRUIT JUICE, ASSORTED SALAD DRESSING, Assorted APPLES, Fresh	Cal 629 T.Fat 17.41 G S.Fat 5.5 G Chol 17.8 Mg Sodm 699.22 Mg
13 MCS CHEESEBURGER PLUS CHEESE SAUCE TORTILLIA CHIPS GARDEN SALAD FRUIT, FRESH ASSORTED MILK - Variety PB/GRAPE JELLY	14 MCS ITALIAN SUB BAKED CHIPS MILK - Variety PB/GRAPE JELLY SANDWICH ORANGES	15 MCS SOFT/HARD TACOS PB/GRAPE JELLY SANDWICH LETTUCE & TOMATO TACO SAUCE MOZZARELLA CHEESE APPLES, Fresh	16 MCS VIKING RIBS MASHED POTATOES APPLES, Fresh MILK - Variety PB/GRAPE JELLY SANDWICH FRUIT JUICE, ASSORTED	17 MCS PIZZA GARDEN SALAD MILK - Variety PB/GRAPE JELLY SANDWICH APPLES, Fresh FRESH FRUIT BOWL	Cal 643 T.Fat 23.76 G S.Fat 8.4 G Chol 67.9 Mg Sodm 782.96 Mg
20 CRISPY CHICKEN SALAD DINNER ROLL FRUIT JUICE, ASSORTED PB/GRAPE JELLY SANDWICH MILK - Variety APPLES, Fresh	21 MCS HOT DOG/BUN MILK - Variety PB/GRAPE JELLY SANDWICH FRUIT JUICE, ASSORTED MCS MICHIGAN SAUCE GARDEN SALAD APPLES, Fresh	22 MCS HOT TURKEY SANDWICH CRANBERRY SAUCE GARDEN SALAD MILK - Variety ORANGES PB/GRAPE JELLY	23 MCS SPAGHETTI /SAUCE GARDEN SALAD MOZZARELLA CHEESE APPLES, Fresh MILK - Variety PB/GRAPE JELLY SANDWICH	24 MCS PIZZA GARDEN SALAD ORANGES MILK - Variety PB/GRAPE JELLY SANDWICH FRESH FRUIT BOWL	Cal 731 T.Fat 16.24 G S.Fat 5.6 G Chol 60.4 Mg Sodm 565.81 Mg
27 MCS MEATBALL SUBS MOZZARELLA CHEESE PEPPERS AND ONIONS MILK - Variety PB/GRAPE JELLY SANDWICH FRUIT JUICE, ASSORTED	28 MCS CHICKEN TENDERS MASHED POTATOES APPLES, Fresh MILK - Variety PB/GRAPE JELLY SANDWICH FRUIT JUICE, ASSORTED	29 MCS ITALIAN DUNKERS MOZZARELLA CHEESE GARDEN SALAD MILK - Variety PB/GRAPE JELLY SANDWICH APPLES, Fresh	30 MCS TURKEY SANDWICH PB/GRAPE JELLY SANDWICH BAKED CHIPS LETTUCE & TOMATO MILK - Variety FRUIT JUICE, ASSORTED		Cal 657 T.Fat 15.83 G S.Fat 5.6 G Chol 40.0 Mg Sodm 598.54 Mg