


# Mount Mercy Academy Lunch Menu

# April, 2018



Menu is subject to change. "This institution is an equal opportunity provider and employer"

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
|     |   |   |   |   |
| 9<br>Chicken Fajitas<br>or<br>Nacho Grande<br>-----<br>Rice<br>Bean Salad           | 10<br>Chicken Nuggets<br>or<br>Turkey/Cheese Sandwich<br>-----<br>French Fries<br>Carrots | 11<br>Chicken Patty Sandwich<br>or<br>Hot Dog on a bun<br>-----<br>Tomatoes<br>Mashed Potatoes                | 12<br>Pasta with Meat sauce<br>Or<br>Nacho Grande<br>-----<br>Romaine Salad<br>Broccoli | 13<br>Pepperoni or Veggie Pizza<br>or<br>Nacho Grande<br>-----<br>Carrot /Celery Sticks                 |
| 16<br><br><b>Nacho Grande!</b>  | 17<br>Chicken Nuggets<br>or<br>Chicken Fajitas<br>-----<br>Seasoned Fries<br>Corn         | 18<br>Chicken Patty Sandwich<br>Or<br>Turkey Sandwich<br>-----<br>Cucumbers/Tomatoes<br>Seasoned French Fries | 19<br>Pasta with Meat Sauce<br>or<br>Nacho Grande<br>-----<br>Romaine Salad<br>Carrots  | 20<br>Pepperoni or Veggie Pizza<br>Or<br>Nacho Grande<br>-----<br>Tortilla Chips w/Salsa<br>Baked Beans |
| 23<br>Grilled Cheese Sandwich<br>or<br>Chicken Wrap<br>-----<br>Tomato Soup<br>Corn | 24<br>Chicken Nuggets<br>or<br>Egg Salad Sandwich<br>-----<br>Seasoned Noodles<br>Carrots | 25<br>Chicken Patty Sandwich<br>or<br>Chicken Salad sub<br>-----<br>Mashed Potatoes<br>Romaine Salad          | 26<br>Pasta with Meat Sauce<br>or<br>Nacho Grande<br>-----<br>Romaine Salad<br>Tomatoes | 27<br>Pepperoni or VeggiePizza<br>Or<br>Chicken Fajitas<br>-----<br>Beans<br>Carrot and Celery Sticks   |
| 30<br>Chicken Nuggets<br>or<br>Chicken Fajitas<br>-----<br>French Fries<br>Broccoli |   |   |   |   |

## Nacho Grande Served Daily!

**Lunch Price \$2.45**

*We offer fresh or prepared fruits and vegetables daily.*



*(Must take 1/2 cup of Fruit or Veggies)*  
**Non or Low Fat White or  
 Non Fat Chocolate Milk**



**Start with a:**

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

**Take at least 3**