

Mount Mercy Academy Lunch Menu

December

2017

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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 French Toast w/sausage Or Egg Salad Sandwich ----- Romaine Salad Hash brown patty
4 Italian Dunkers with marinara Sauce or Turkey Bacon Sandwich ----- Rice Sweet Peas	5 Chicken Fingers or Ham/Cheese Sandwich ----- French Fries Carrots	6 Chicken Patty Sandwich or Bologna Sandwich ----- Tomatoes Baked Potato	7 Pasta with Meatballs Or Turkey Sub ----- Romaine Salad Broccoli	8 Pizza Day!
11 Mac and cheese with Garlic Bread 	12 Turkey Wrap Or Chicken Fingers ----- French Fries Corn	13 Chicken Patty Sandwich Or Turkey/Bacon Sandwich ----- Seasoned Noodles Navy Beans	14 Pasta with Sauce Or Bologna Sandwich ----- Romaine Salad Carrots	15 Pepperoni or Veggie Pizza or Ham/Cheese sandwich ----- Tomatoes/cucumbers Romaine Salad
18 Grilled Cheese Sandwich or Hotdog on a bun ----- French Fries Tomato Soup	19 Chicken Fingers or Egg Salad Sandwich ----- Seasoned Noodles Green Beans	20 Chicken Patty Sandwich or Chicken Salad sub ----- Baked Potato Romaine Salad	21 Pizza Bagels Hash Brown Patty Carrot Sticks	22
25 	26	27	28	29

We Serve Daily

*Fresh Julienne Salad w Roll
PBJ*

Lunch Price \$2.45

We offer fresh or prepared fruits

and vegetables daily.



*(Must take ½ 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