




Mount Mercy Academy Lunch Menu

February, 2018

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



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Pasta with Sauce Romaine Salad	2 Pepperoni Pizza Veggie Pizza or Turkey Sub
5 Oven Baked Chicken or Grilled Cheese Sandwich Tomato Soup ----- BBQ Baked Beans Seasoned Potatoes	6 Chicken Nuggets or Turkey/Cheese Sandwich ----- French Fries Carrots	7 Chicken Patty Sandwich or Hot Dog on a Bun ----- Carrot/Celery Sticks Peas	8 Pasta with Meat sauce or Turkey Sub ----- Romaine Salad Broccoli	9 Pepperoni or Veggie Pizza or Egg Salad Sandwich ----- Tortilla Chips w/ Salsa Romaine Salad
12 Chicken Fajita Wrap or Italian Dunkers!	13 French Toast /Sausage or Chicken Strip Sub ----- - Hash Brown Patty Cucumbers	14 Grilled Cheese Sandwich or Egg Salad Sandwich ----- Tomato Soup Bean Salad	15 Pasta with Meat Sauce or Hot Dog on a Bun ----- Romaine Salad Carrots	16 Cheese or Veggie Pizza or Salad Bar ----- Tortilla Chips w/Salsa Navy Beans
19 	20	21	22	23
26 Grilled Cheese Sandwich or Hot Dog on a bun ----- Tomato Soup Broccoli	27 Pizza Bagels or Chicken Strip Sub ----- Corn Mixed Vegetables	28 Chicken Patty Sandwich or BLT Sandwich ----- Baked Potato Romaine Salad		

We Serve Daily

Fruit Yogurt

Fresh Julienne Salad

PBJ

Lunch Price \$2.45

We offer fresh or prepared fruits
and vegetables daily.



(Must take $\frac{1}{2}$ 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