

Mount Mercy Academy Lunch Menu

January, 2018

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



Monday	Tuesday	Wednesday	Thursday	Friday
	2 Pizza Or Chicken Fajita Wrap ----- Romaine Salad Rice	3 Chicken Patty Sandwich Baked Potato ----- Corn	4 Pasta with Meat Sauce Chicken Strip Wrap Romaine Salad	12 Pizza Day!
8 Nacho Grande or Chicken Salad Sub ----- BBQ Baked Beans Rice	9 Chicken Nuggets or Turkey/Cheese Sandwich ----- French Fries Carrots	10 Chicken Patty Sandwich or Bologna Sandwich ----- Tomatoes Baked Potato	11 Pasta with Meat sauce Or Turkey Sub ----- Romaine Salad Broccoli	19 Pepperoni or Veggie Pizza or Egg Salad Sandwich ----- Carrot /Celery Sticks Romaine Salad
15 Martin Luther King Jr. Day	16 Grilled Cheese Sandwich Tomato Soup 	17 Chicken Patty Sandwich Or Turkey/Bacon Sandwich ----- Pasta Salad Seasoned Potatoes	18 Pasta with Meat Sauce or Hot Dog on a Bun ----- Romaine Salad Carrots	26 Pepperoni or Veggie Pizza Or Chicken Fajita Wrap ----- Tortilla Chips w/Salsa Broccoli
22 Tacos or Chicken Fajita Wrap ----- Rice Corn	23 Chicken Nuggets or Egg Salad Sandwich ----- French Fries Carrots	24 Chicken Patty Sandwich or Chicken Salad sub ----- Baked Potato Romaine Salad	25 Pasta with Meat Sauce or Turkey Sub ----- Romaine Salad Tomatoes	26 Pepperoni or Veggie Pizza Or Fruit Yogurt Cup ----- Romaine Salad Carrot and Celery Sticks
29 Meatball Bomber or Bologna Sandwich ----- Corn Broccoli	30 Turkey with gravy or Ham Salad Sub ----- Mashed Potatoes Sweet Potatoes	31 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 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