



Mount Mercy Academy Lunch Menu

March,

2018

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



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pasta with Meat Sauce Salad Bar	2 Cheese or Veggie Pizza Or Salad Bar ----- Tortilla Chips Tomatoes
5 Turkey Wrap or BBQ Chicken ----- Mashed Potatoes Green Beans	6 Chicken Nuggets or Turkey/Cheese Sandwich ----- French Fries Carrots	7 Chicken Patty Sandwich or Hot Dog on a bun ----- Tomatoes Baked Potato	8 Pasta with Meat sauce Or Salad Bar ----- Romaine Salad Broccoli	9 Cheese or Veggie Pizza or Salad Bar ----- Carrot /Celery Sticks Black Bean Salad
12 Sub Day	13 Turkey w/Gravy or Ham/Cheese Sandwich ----- Mashed Potatoes Sweet Potatoes	14 Chicken Patty Sandwich Or Turkey Sandwich ----- Pasta Salad Seasoned Potatoes	15 Pasta with Meat Sauce or Salad Bar ----- Romaine Salad Carrots	16 Cheese or Veggie Pizza Or Salad Bar ----- Tortilla Chips w/Salsa Baked Beans
19 Grilled Cheese Sandwich or Chicken Wrap ----- Tomato Soup Corn	20 Chicken Nuggets or Egg Salad Sandwich ----- Seasoned Noodles Carrots	21 Chicken Patty Sandwich or Chicken Salad sub ----- Baked Potato Romaine Salad	22 Pasta with Meat Sauce or Salad Bar ----- Romaine Salad Tomatoes	23 Cheese or Veggie Pizza Or Salad Bar ----- Beans Carrot and Celery Sticks
26 Meatball Bombers or Turkey Sandwich ----- Corn Broccoli	27 Mac and Cheese Or Turkey Wrap ----- Green Beans Peas	28 Chicken Patty Sandwich or Turkey Sandwich ----- Baked Potato Romaine Salad	29 SPRING BREAK!	30 

Salad Bar every Thursday and Friday

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