

# Mount Mercy Academy Lunch Menu

# May



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

## 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Grilled cheese sandwich</i> OR <i>Egg salad sandwich</i> ----- <i>Tomato soup</i> <i>Carrots</i>	2 Cheeseburger or B.B.Q. Pork Sandwich ----- French Fries Baked Beans	3 Chicken Patty Sandwich or Tacos ----- Rice Corn	4 Pasta with meat sauce Or Turkey Sandwich ----- Romaine Salad	5 Pepperoni Pizza or Chicken Salad Wraps ----- Tortilla chips w/cheese Mixed Vegetables
8 Chicken Nuggets or Cheeseburger ----- French Fries Green Beans	9 Turkey Wrap Or Tacos ----- Rice Corn	10 Chicken Salad Sub Or Chicken Patty Sandwich ----- Baked Potato Peas	11 Pasta with meat sauce Or Hot Dog on a bun ----- Romaine Salad Carrot Coins	12 Pepperoni or Veggie Pizza or Fruit Yogurt cup ----- Celery and Carrot sticks Broccoli
15 <b>PIZZA DAY!</b>	16 Cheeseburger Or Chicken Salad Sub ----- French Fries Corn	17 Chicken Patty Sandwich Or Egg Salad Sandwich ----- Rice Navy Beans	18 Pasta with meat sauce Or Chicken Fajita ----- Romaine Salad Green Beans	19 Pepperoni or Veggie Pizza or Turkey Wrap ----- Peas Romaine Salad
22 Grill cheese Sandwich or Tacos ----- Rice Tomato Soup	23 Hotdog or Cheeseburger ----- French Fries Navy Beans	24 Chicken Patty Sandwich Or Turkey Sandwich ----- Baked Potato Green Beans	25 Pasta with meat sauce or Tacos ----- Mixed Vegetables Romaine Salad	26
29	30 Pepperoni Pizza Or Chicken Salad Sub ----- Romaine Salad Carrots	31 Turkey Wraps Or Chicken Patty Sandwich ----- Noodles Corn		

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### We Serve Daily

*Nacho Grande*

*Fresh Julienne Salad w Roll*  
*PBJ*

*Lunch Price \$2.25*

*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**