



Mount Mercy Academy Lunch Menu

May, 2018



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
|  | 1 BBQ Chicken Or Turkey Wrap ----- Roasted Potatoes Corn | 2 Chicken Patty Sandwich Nacho Grande | 3 Pasta with Meat Sauce Nacho Grande | 4 French Toast/Sausage or Egg Salad Sandwich ----- Tatar Tots Tomatoes |
| 7 Chicken Fajitas or Nacho Grande ----- Rice Bean Salad | 18 Chicken Nuggets or Turkey/Cheese Sandwich ----- French Fries Carrots | 9 Chicken Patty Sandwich or Hot Dog on a bun ----- Tomatoes Seasoned Potatoes | 10 Pasta with Meat sauce or Nacho Grande ----- Romaine Salad Broccoli | 11 Pepperoni or Veggie Pizza or Nacho Grande ----- Carrot /Celery Sticks Peas |
| 14 BBQ Chicken or Turkey/Cheese Sub ----- Baked Potato Broccoli | 15 Chicken Nuggets or Chicken Fajitas ----- Seasoned Fries Corn | 16 Chicken Patty Sandwich or Turkey Sandwich ----- Cucumbers/Tomatoes Seasoned French Fries | 17 Pasta with Meat Sauce or Nacho Grande ----- Romaine Salad Carrots | 18 Pepperoni or Veggie Pizza Or Nacho Grande ----- Tortilla Chips w/Salsa Baked Beans |
| 21 Pepperoni or Veggie Pizza or Chicken Wrap ----- Romaine Salad Corn | 22 Chicken Nuggets or Egg Salad Sandwich ----- French Fries Carrots | 23 Chicken Patty Sandwich or Chicken Salad sub ----- Baked Potato Romaine Salad | 24 Pasta with Meat Sauce or Nacho Grande ----- Romaine Salad Tomatoes | 25 |
| 28 Memorial Day | 29 Turkey /Cheese Sandwich or Tacos ----- Rice Baked Beans | 30 Chicken Patty Sandwich or Turkey Wrap ----- Baked Potato Broccoli | 31 Pasta with Mea + Sauce or Nacho Grande ----- Romaine Salad Corn |  |

NACHO GRANDE

SERVED DAILY!

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