

Mount Mercy Academy Lunch Menu

September

2017



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

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6	7 Chicken Patty Sandwich Or BLT Subs ----- Romaine Salad Baked Potato	8 Grilled Cheese sandwich or Fruit Yogurt cup ----- Celery and Carrot sticks Tomato Soup
11 PIZZA DAY!	12 Baked Chicken Or Grilled Cheese Sandwich Tomato Soup ----- Mashed Potatoes Corn	13 Chicken Patty Sandwich Or Egg Salad Sandwich ----- Seasoned Noodles Navy Beans	14 Pasta with Sauce Or Chicken Salad sub ----- Romaine Salad Carrots	15 Pepperoni or Veggie Pizza or Turkey Wrap ----- Tomatoes/cucumbers Romaine Salad
18 Grilled Cheese Sandwich or Tacos ----- Rice Tomato Soup	19 Hotdog or Chicken fingers ----- French Fries Navy Beans	20 Chicken Patty Sandwich Or Turkey Sandwich ----- Baked Potato Green Beans	21 Pasta with Sauce or Tacos ----- Romaine Salad Corn	22 Pepperoni Pizza or Fruit Yogurt cup ----- Tortilla chips w/salsa Carrots
25 Mac and Cheese OR B.L.T. Sub ----- Broccoli Corn	26 Pepperoni Pizza Or Chicken Salad Sub ----- Romaine Salad Carrots	27 Chicken Patty Sandwich Or Turkey Sub ----- Pasta Salad Baked Potato	28 Pasta with Sauce or Hotdog on a bun ----- Romaine Salad Peas	29 Chicken Fingers or Pizza ----- Celery and Carrot sticks Green Beans

We Serve Daily

*Fresh Julienne Salad w Roll
PBJ*

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