

# Mount Mercy Academy Lunch Menu

# April



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

## 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets or Cheeseburger ----- French Fries Corn	4 Roast Turkey w/gravy Or Tacos ----- Mashed Potatoes Sweet Potatoes	5 Chicken Salad Sub Or Chicken Patty Sandwich ----- Corn Peas	6 Pasta with meat sauce Or Hot Dog on a bun ----- Romaine Salad Carrot Coins	7 Cheese or Veggie Pizza Or Fruit Yogurt cup ----- Celery and Carrot sticks Broccoli
10	11	12	13	14
17	18 BBQ Chicken or Cheeseburger ----- Baked Potato Corn	19 Chicken Patty Sandwich Or Turkey Sandwich ----- Baked Beans Green Beans	20 Pasta with meat sauce or Tacos ----- Mixed Vegetables Romaine Salad	21 Pepperoni or Veggie Pizza or Egg Salad Sandwich ----- Tiny Peas Corn
24 Tacos or Cheeseburger on a Roll ----- Green Beans French fries	25 Chicken Nuggets Or Chicken Salad Sub ----- Seasoned Baked Potatoes Celery Sticks	26 Turkey Wraps Or Chicken Patty Sandwich ----- Noodles Corn	27 Pasta with meat Sauce Or BBQ Pork on a bun ----- Romaine Salad Carrots	28 Pepperoni Pizza Or Turkey Sandwich ----- Broccoli Tomatoes and Cucumber

### 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**