

Mount Mercy Academy Lunch Menu

March



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

2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled Cheese Sandwich Or Cheese Pizza ----- Tomato Soup Corn	2 Pasta with meat sauce Garlic Bread Romaine Salad	3 Cheese Pizza Bagels Or Egg Salad Sandwich ----- French Fries Carrot Sticks
6 Oven Baked Chicken or Cheeseburger ----- Mashed Potatoes Corn	7 Chicken Nuggets Or Pepperoni Pizza ----- Seasoned Noodles Three Bean Salad	8 Tacos Or Chicken Patty Sandwich ----- Corn Peas	9 Pasta with meat sauce Or Hot Dog on a bun ----- Romaine Salad Carrot Coins	10 Cheese or Veggie Pizza Or Egg Salad Sub ----- Celery and Carrot sticks Broccoli
13 Pepperoni Pizza or Tacos ----- Carrot Coins Celery Sticks	14 Meatball Bombers or Cheeseburger on a Roll ----- Broccoli Green Beans	15 Chicken Patty Sandwich or Turkey wraps ----- Black Bean salad Oven Baked Fries	16 Pasta with meat sauce or Chicken Fajita Wrap ----- Romaine Salad Corn	17 Veggie Pizza or Grilled Cheese sandwich ----- Hash Browns Tomato Soup
20	21 SUB DAY! ----- French Fries Celery and Carrot sticks	22 Chicken Patty Sandwich Noodles Or Hot Dog on a Roll Noodles ----- Baked Beans Green Beans	23 Pasta with meat sauce or Turkey Sandwich ----- Mixed Vegetables Romaine Salad	24 Cheese or Veggie Pizza or Egg Salad Sandwich ----- Tiny Peas Corn
27 B.L.T. Sub or Cheese and Bacon Burger on a Roll ----- Green Beans French fries	28 BBQ Pork Chop Or Chicken Salad Sub ----- Mashed Potatoes Sweet Potatoes	29 Ham and Cheese Sub Or Chicken Patty Sandwich ----- Baked Potato Corn	30 Pasta with meat Sauce Or Chicken Fajita Wrap ----- Romaine Salad Carrots	31 Mac. and Cheese Or Cheese Pizza ----- 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