



OCTOBER | 2018

Muskegon Catholic MS/HS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Crispy Chicken Breast on a Bun Crinkle Fries Fruit/Veggie Bar Milk	2 Beef Nachos w/ Cheese Sauce Tortilla Chips & Salsa Fruit/Veggie Bar Milk	3 Rotini Pasta w/ Meat Sauce or Chicken Alfredo Garlic Toast Fruit/Veggie Bar Milk	4 Grilled Ham & Cheese Waffle Fries Fruit/Veggie Bar Milk	5 Choice of Meat Lovers, Chicken Bacon Ranch, BBQ Chicken, Hot Wing Pizza Fruit/Veggie Bar Milk
8 Two -100% USDA Lean Beef Cheeseburgers Tater Tots Fruit/Veggie Bar Milk	9 Crusader Bowl Popcorn Chicken Mashed Potatoes & Gravy Sweet Corn Fruit/Veggie Bar Milk	10 Half Day	11 4-Layer Beef & Cheese Lasagna Garlic Toast Fruit/Veggie Bar Milk	12 Choice of Meat Lovers, Chicken Bacon Ranch, BBQ Chicken, Hot Wing Pizza Fruit/Veggie Bar Milk
15 Monterey Bacon Chicken (whole muscle) on a Bun Sweet Potato Fries Fruit/Veggie Bar Milk	16 French Toast Cheese Omelet Tater Tots Fruit/Veggie Bar Milk	17 Two Hotdogs Baked Beans Fruit/Veggie Bar Milk	18 Half Day	19 Half Day
22 Seasoned Meatball Sub with Mozzarella Cheese Seasoned Potato Wedges Fruit/Veggie Bar Milk	23 Popcorn Chicken Sweet & Sour or Teriyaki Sauce Brown Rice Fruit/Veggie Bar Milk	24 Turkey Gravy Mashed Potatoes Dinner Roll Fruit/Veggie Bar Milk	25 Double Decker Burger with Cheese & Toppings Baked Beans Tater Tots Fruit/Veggie Bar Milk	26 Choice of Meat Lovers, Chicken Bacon Ranch, BBQ Chicken, Hot Wing Pizza Fruit/Veggie Bar Milk
29 Rotini & Meat Sauce or Chicken Alfredo Garlic Toast Fruit/Veggie Bar Milk	30 Crispy Chicken Breast on a Bun Crinkle Fries Fruit/Veggie Bar Milk	31 Beef Nachos w/ Cheese Sauce Tortilla Chips & Salsa Fruit/Veggie Bar Milk		

Available Daily:
 Bosco's Breadsticks
 Chicken Patty Sandwich
 Spicy Chicken Patty Sandwich
 Chicken Tenders
 Spicy Chicken Tenders
 Specialty Grill Items;
 Deli Wraps or Subs

Salads: *Chef, Cobb Salad, Chicken Caesar Salad, Strawberry Chicken Salad and Taco Salad (on beef nacho day) to order*

Fresh Fruits & Veggies Daily
 Fruit Slush

Lunch Prices:
Full Price: \$2.90
Reduced: \$.40
Adult Meal: \$3.75
A la carte meal - \$.55
A la carte Slush - \$.75

MCC Nutrition Services
231.755.2201x3280

USDA is an equal opportunity provider & employer.