

- 2023 -

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MCMS & MCA

GRAB & GO OPTIONS:
3 Different Choices Daily
PB & J Pak
Chicken Wrap Pak
Pizza Pak
Salad (Chef/Chicken)
Sub Sandwich Pak

Breakfast and Lunch
 is **FREE** for all students
 for the **ENTIRE**
 2023-2024 school year!
Adult/Visiting Children:
 Breakfast-\$3.00 Lunch- \$3.75

**A choice of
 milk is offered
 each day.**

**PB&J Kid Pak
 Offered Daily**

2

Mashed
 Potato/Gravy Bowl,
 Popcorn Chicken, Roll
 or
PB & J PAK
 Corn, Assorted Fruit

3

Spaghetti w/ Meat
 Sauce & Bread Stick
 or
PB & J PAK
 Green Beans, Carrots,
 Assorted Fruit,

4

Chicken Fajitas
 or
PB & J PAK
 Black Beans, Corn,
 Lettuce/Tom,
 Assorted Fruit

5

Chicken Sandwich
 or
PB & J PAK
 Seasoned Potato
 Wedge, Steamed
 Broccoli, Sweet Peas,
 Assorted Fruit

6

Pizza
 or
PB & J PAK
 Green Limas,
 Cucumbers/tomatoes
 w/ranch, Assorted
 Fruit

9

Cheeseburger
 or
PB & J PAK
 Lettuce, Tomato,
 Fries, Field Pea,
 Carrot Sticks,
 Assorted Fruit

10

Shepard's Pie
 or
PB & J PAK
 Carrots, Sweet Peas,
 Roll, Assorted Fruit

11

Chicken Alfredo &
 Bread Stick
 or
PB & J PAK
 Broccoli, Steamed
 Squash, Assorted
 Fruit,

12

Cheddar Tacos
 or
PB & J PAK
 Lettuce & Tomato
 Corn, Black Beans,
 Assorted Fruit

13

Pizza Crunchers
 or
PB & J PAK
 Green Beans, Sweet
 Peas, Assorted Fruit

16

17

18

19

20



23

Corndog
 (or)
PB & J PAK
 Chips, Grape
 Tomatoes/Cucumbers
 with ranch dip,
 Assorted Fruit

24

Hamburger Steak
 w/ Roll
 or
PB & J PAK
 Mashed Pot/Gravy
 Yams, Field Peas,
 Assorted Fruit

25

Chicken Tenders
 or
PB & J PAK
 Fries, Sweet Peas,
 Steamed Carrots,
 Assorted Fruit

26

Beefy Cheddar
 Nachos
 or
PB & J PAK
 Lettuce & Tomato
 Corn, Black Beans,
 Assorted Fruit

27

Pizza
 or
PB & J PAK
 Green Limas, Stewed
 Squash, Assorted Fruit

30

Chili
 or
PB & J PAK
 Baked Potato, Green
 Beans, Cornbread,
 Assorted Fruit

31

Hot Wings
 or
PB & J PAK
 Mac & Cheese,
 Broccoli, Black-eyed
 Peas, Assorted Fruit,