

MENU

MECC LUNCH

OCTOBER

Menus are subject to
change without notice

			<u>The Bowl</u> - Popcorn Chicken, Mashed Potatoes, Corn, Gravy, and Shredded Cheese w/ Dinner Roll Jello Cup Variety of Milk	01	Bosco Sticks with/ Pizza Sauce Salad Mix & Celery Sticks Pears and Plums Mini Rice Krispie Variety of Milk	02			
Chicken Flatbread - Diced Chicken & Cheese Fritos Fresh Broccoli & Cucumbers Fruit Cocktail Variety of Milk	05	Beef Nachos - Taco Beef & Cheese Sauce on Tortilla Chips Black Beans & Salsa Fresh Watermelon Variety of Milk	06	Ham and Cheese Croissant Tater Tots & Baby Carrots Fresh Strawberries/Blueberries Variety of Milk	07	Cheeseburger on a Bun Green Beans & Cauliflower Mixed Fruit Cup & Plums Variety of Milk	08	Detroit Style Pizza Salad Mix & Celery Sticks Frozen Peach Cup Chocolate Scooby Crackers Variety of Milk	09
Chicken Tenders w/ Dinner Roll & Seasoned Pasta Baked Beans & Fresh Broccoli Diced Pears & Peaches Variety of Milk	12	Walking Taco - Meat, Cheese & Chips Black Beans & Corn Fresh Pineapple Variety of Milk	13	French Toast Stick w/ Sausage Patty Hashbrown Patty & Baby Carrots Cinnamon Apples Variety of Milk	14	HALF DAY Uncrustable Apple Slices (2) Baby Carrots (2) Variety of Milk	15	HALF DAY Lunchable - Pizza Kit Apple Slices (2) Baby Carrots (2) Variety of Milk	16
Lasagna Rollup w/ Mini Texas Toast Green Beans & Fresh Broccoli Clementines/Nectarines Variety of Milk	19	(2) Chicken Tacos - Chicken & Cheese on Tortillas Black Beans & Salsa Applesauce Variety of Milk	20	Halloween Themed Chicken Nuggets & Biscuit Cucumbers & Baby Carrots Strawberry Cup Variety of Milk	21	<u>The Bowl</u> - Popcorn Chicken, Mashed Potatoes, Corn, Gravy, and Shredded Cheese w/ Dinner Roll Jello Cup Variety of Milk	22	Bosco Sticks with/ Pizza Sauce Salad Mix & Celery Sticks Pears and Plums Mini Rice Krispie Variety of Milk	23
Chicken Flatbread - Diced Chicken & Cheese Fritos Fresh Broccoli & Cucumbers Fruit Cocktail Variety of Milk	26	Beef Nachos - Taco Beef & Cheese Sauce on Tortilla Chips Black Beans & Salsa Fresh Watermelon Variety of Milk	27	Ham and Cheese Croissant Tater Tots & Baby Carrots Fresh Strawberries/Blueberries Variety of Milk	28	Cheeseburger on a Bun Green Beans & Cauliflower Mixed Fruit Cup & Plums Variety of Milk	29	Detroit Style Pizza Salad Mix & Celery Sticks Frozen Peach Cup Halloween Themed Crackers Variety of Milk	30

**Household Income
Information forms can
be completed at**

[https://
manisteeps.
familyportal. cloud/](https://manisteeps.familyportal.cloud/)

**Extra Milk: \$0.50
Adult Meals: \$6.05**

AVAILABLE ENTREES EVERY DAY

Uncrustable
Lunchable Kit

** MECC is an Egg Free Enviroment **

AVAILABLE FRUIT EVERY DAY

Assorted Whole Fruit (Apples, Oranges,
Bananas) and Craisins/Raisins

Students must take a minimum of 1/2 cup of
fruit or vegetables.

USDA is an equal
opportunity
provider and
employer

