



Michigan City Area Schools 2024 Winter/Spring Elementary Menu

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www.mcas.k12.in.us/food • Nicole Santana, Director • Visit us on Facebook

All MCAS Students Receive Breakfast and Lunch at **No Charge**. All meals include low fat milk.



Cycle Week 1

MONDAY

Popcorn Chicken
Dinner Roll
Mashed Potatoes/Gravy
Corn
Fresh Fruit

TUESDAY

Turkey Sub
Sun Chips
Baby Carrots/Cauliflower
Diced Pears

WEDNESDAY

Beef Hot Dog
Waffle Fries
Spicy Baked Beans
Diced Peaches

THURSDAY

Spaghetti w/Meat Sauce
Garlic Bread
Super Salad
Hot Vegetable
Banana
Cookie

FRIDAY

★ Cheese or Pepperoni Pizza ▲
Fresh Salad
Green Beans
Apple Slices

Cycle Week 2

MONDAY

Chili with Soft Pretzel
Potato Wedges
Glazed Carrots
Diced Pears

TUESDAY

Pancakes
Sausage Patty
Hashbrown Patties
Fruitable Juice
Hot Cinnamon Apples

WEDNESDAY

★ Mozzarella Cheese Sticks
Marinara Cup
Veggie Cup
Orange Wedges

THURSDAY

Nachos w/Meat & Cheese
Refried Beans
Salsa
Pepper Strips
Pineapple

FRIDAY

★ Cheese Quesadillas
Salsa
Steamed Corn
Celery Sticks
Fruit Cup

Cycle Week 3

MONDAY

Regular or Hot n' Spicy
Chicken Sandwich
Shoestring Fries
Steamed Peas
Fruit Cup

TUESDAY

★ Macaroni & Cheese
Cornbread Loaf
Steamed Broccoli
Baby Carrots
Applesauce Cup

WEDNESDAY

Hamburger or Cheeseburger
Crinkle Cut Pickle Chips
Tater Tots
Spicy Baked Beans
Frozen Fruit Cup

THURSDAY

Tangerine Chicken
Brown Rice
Mixed Veggies
Garden Salad
Mandarin Oranges

FRIDAY

★ Cheese or Pepperoni Pizza
Garden Salad
Steamed Broccoli
Grapes

Start SMART with Breakfast!



Monday

Mini Cinni ★

Tuesday

Breakfast Pizza ★

Wednesday

Confetti Pancakes ★

Thursday

Egg and Cheese ★
Hashbrown

Friday

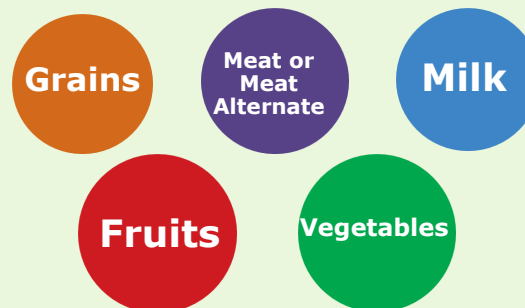
Pull Apart Donut Holes ★

Breakfast includes 100% juice, fruit & low fat milk

Kellogg's® Reduced Sugar Whole Grain
Cereal offered as a second choice every morning!

What Makes a Meal?

Choose at least 3 colors to make a full meal!



One item must be a fruit or vegetable!

- ★ Meatless Entrée
- ▲ May Contain Pork
- May Contain Nuts



AVAILABLE AS A SECOND CHOICE ENTRÉE
INCLUDES THE REGULAR MENU SIDE DISHES AND MILK

- ★ PBJ Sandwich Combo-Monday, Wednesday, Friday
- ★ Yogurt Combo-Tuesday, Thursday

August					September					October					November					December					January					February					March					April					May				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
8	9	9	10	11					1	2	3	4	5	6		1	2	3					1	1	2	3	4	5					1	1	2	3	4	5					1	2	3				
14	15	16	17	18	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8	8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10
21	22	23	24	25	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15	15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17
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