



Michigan City Area
Schools
MIDDLE SCHOOLS
2024 Winter/Spring Menu

All MCAS operate under the Community Eligibility Program.

Breakfast and Lunch will be served at no charge. All meals include low fat milk.

Office of Food Services • 1100 S. Woodland Ave. • Michigan City, IN 46360 • (219) 873-2131
www.mcas.k12.in.us/food • Nicole Santana, Director • Visit us on Face book



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|--|--|---|---|
| Week 1 | Penne Alfredo Hamburger/Cheeseburger Sidewinders/Green Beans Deli Sandwich or Salad | Beef Hot Dog Italian Grinder Spicy Baked Beans Deli Sandwich or Salad | Sriracha Wings Chicken Patty Melt Baked Fries Deli Sandwich or Salad | Louisiana Dill Chicken Sandwich Beef & Potato Burrito Glazed Carrots Deli Sandwich or Salad | Cheese/Pepperoni Pizza Mozzarella Sticks Mixed Veggies Deli Sandwich or Salad |
| Week 2 | Tangerine Chicken Fried Rice Hot Ham & Cheese Green Beans Deli Sandwich or Salad | Baked Chicken Leg / Roll Pork Cubano Sandwich Mashed Potatoes/Gravy Broccoli & Cheese Deli Sandwich or Salad | Italian Stromboli Chicken & Waffles Sidewinders/Steamed Corn Deli Sandwich or Salad | Spicy Chicken Sandwich Sloppy Joe Tots/Glazed Carrots Deli Sandwich or Salad | Deep Dish Pizza Pepperoni or Cheese Jumbo Ravioli Garlic Bread Deli Sandwich or Salad |
| Week 3 | Macaroni & Cheese BBQ Pork Quesadilla Steamed Broccoli Deli Sandwich or Salad | Breakfast for Lunch Hot Cinnamon Apples Fiestada Pizza Deli Sandwich or Salad | Philly Steak Grinder Chicken Smackers Breadstick / Mixed Veggies Deli Sandwich or Salad | Nacho Supreme Refried Beans/Salsa Bean Burrito Steamed Corn Deli Sandwich or Salad | French Bread Pizza Chili & Soft Pretzel Stick Steamed Vegetables Deli Sandwich or Salad |

HARVEST BAR - Choose up to 4 sides with your entrée

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|--|
| | Salad Greens, Sliced Tomatoes, Pickle Slices, Mandarin Oranges, Peaches, Dinner Roll | Salad Greens, Diced Tomatoes, Celery Sticks, Orange Wedges, Roasted Garbanzo Beans, Dinner Roll | Salad Greens, Sliced Tomatoes, Baby Carrots, Broccoli Buds, Sliced Pears, Marinara Sauce, Dinner Roll | Salad Greens, Diced Tomatoes, Salsa, Sliced Cucumbers, Pineapple, Dinner Roll | Salad Greens, Fresh Veggies, Applesauce Cup, Marinara Sauce, Dinner Roll |

BREAKFAST - Includes 100% juice and milk

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| Mini Cinni or Benefit Bar or Cereal | Breakfast Pizza or Lemon Loaf or Cereal | Egg, Sausage & Gravy Bagel or Cereal Bar or Cereal | Pull Apart Donut Holes or Confetti Pancakes or Cereal | Breakfast Burrito or Cereal Bar or Cereal |

Don't see an entrée you like? Try one of our delicious **Deli Sandwich or Salad Entrees**

Deli Sandwich Options:

- Turkey Bacon Flatbread
- Veggie Flatbread
- Classic Italian Sub
- Ham & Cheese Deluxe
- Chicken Caesar Wrap

Deli Salad Options:

- Chef Salad
- Taco Salad
- Meatless Chef

Alternate Lunch Choices:

- Protein Box
- PBJ Uncrustable Combo

What Makes a Meal?

Choose at least 3 colors to make a full meal!



One item must be a fruit or vegetable!

| 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 | | | | | | | | | | |
| 1 | 2 | 3 | 4 | | | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | 1 | 2 | 3 | | | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 3 | | | | | | | | | | | |
| 7 | 8 | 9 | 10 | 11 | 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 | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 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 |
| 21 | 22 | 23 | 24 | 25 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 19 | 20 | 21 | 22 | 23 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 26 | 20 | 21 | 22 | 23 | 24 |
| 28 | 29 | 30 | 31 | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | 27 | 28 | 29 | 30 | | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | | | | 26 | 27 | 28 | 29 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | | | | 27 | 28 | 29 | 30 | 31 |



= Meatless Entrée

This institution is an equal opportunity provider.
Menu subject to change without notice due to product availability.