

- 2023 -

SEPTEMBER

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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**

4

School Holiday



5

**Cheeseburger
or
PB & J PAK**
Lettuce, Tomato,
Fries, Green Beans,
Carrot Sticks,
Assorted Fruit

6

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

7

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

8

**Pizza
or
PB & J PAK**
Green Limas,
Carrots/Cherry
Tomatoes, Assorted
Fruit

11

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

12

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

13

**Chicken Nuggets
or
PB & J PAK**
Yellow Rice, Black-
eyed Peas, Turnip
Greens, Cornbread,
Assorted Fruit

14

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

15

**Pizza Crunchers
or
PB & J PAK**
Corn, Sweet Peas,
Assorted Fruit

18

**Hot Dog
or
PB & J PAK**
Chips, Baked Beans,
Corn, Assorted Fruit

19

**Chicken Tenders
or
PB & J PAK**
Mac & Cheese, Sweet
Peas, Steamed
Carrots, Assorted
Fruit

20

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

21

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

22

**Pizza
or
PB & J PAK**
Green Limas, Corn-on-
the-cob, Assorted
Fruit

25



26

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

27

**Chicken Alfredo &
Bread Stick
or
PB & J PAK**
Green Beans, Carrots,
Assorted Fruit,

28

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

29

**Pizza Crunchers
or
PB & J PAK**
Carrots, Sweet Peas,
Assorted Fruit