


MUSCATINE SCHOOLS (K - 8) BREAKFAST & LUNCH*

MARCH 2018



Fresh Carroteenies offered daily for lunch!




26	27	28	1	2
Assorted Cereals w/ Toast or WG Long John Corn Dog or Cheeseburger <u>Eat your colors!</u> Baked Beans Pears Halves	Assorted Cereals w/ Toast or Egg McMuskie Mandarin Orange Chicken w/ Brown Rice or Cheeseburger <u>Eat your colors!</u> Steamed Peas & Carrots Pineapple Chunks	Assorted Cereals w/ Toast or Bagel w/ Cream Cheese Sausage Pizza or Cheeseburger <u>Eat your colors!</u> Corn Blueberries	Assorted Cereals w/ Toast or Breakfast Pizza Chicken Alfredo w/ Bread Sticks or Cheeseburger <u>Eat your colors!</u> Mixed Green Salad Banana	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings French Toast Sticks w/ Sausage* or Cheeseburger Carnival Cookie <u>Eat your colors!</u> Sweet Waffle Fries Assorted 100% Fruit Juice *Egg offered at SsMMCS
5	6	7	8 - 2 hr	9
Assorted Cereals w/ Toast or WG Long John Mozzarella Pizza Sticks or Sliced Turkey & Cheese <u>Eat your colors!</u> Green Beans Ocean Spray Craisins	Assorted Cereals w/ Toast or Breakfast Pizza Chicken Fajitas or Sliced Turkey & Cheese <u>Eat your colors!</u> Peppers & Onions Fresh Orange Wedges	Assorted Cereals w/ Toast or Breakfast Wrap Pulled Pork Sandwich or Sliced Turkey & Cheese <u>Eat your colors!</u> Sweet Potato Fries Warm Cinnamon Apples	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings Pepperoni Pizza or PBJ Choices Chocolate Cupcake <u>Eat your colors!</u> Fresh Broccoli Fresh Clementine	
12	13	14	15	16



Spring Break



19	20	21	22	23
Assorted Cereals w/ Toast or WG Long John Hot Ham & Swiss Sandwich or Breaded CKN Filet Sandwich <u>Eat your colors!</u> Sweet Waffle Fries Assorted Fresh Apples	Assorted Cereals w/ Toast or Egg McMuskie Beef Softshell or Breaded CKN Filet Sandwich <u>Eat your colors!</u> Mixed Green Salad Refried Beans Banana	Assorted Cereals w/ Toast or Breakfast Pizza Popcorn Chicken w/ Buttered Bread or Breaded CKN Filet Sandwich <u>Eat your colors!</u> Cheesy Potatoes Mandarin Oranges	Assorted Cereals w/ Toast or Homemade Blueberry Muffin Chicken Augratin Potatoes w/ WG Biscuit or Breaded CKN Filet Sandwich <u>Eat your colors!</u> Steamed Carrots Red Grapes	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings Garlic Cheesebread or Breaded CKN Filet Sandwich Cookie Cup <u>Eat your colors!</u> Corn Fresh Apple Pear Assorted 100% Fruit Juice
26	27	28	29	30
Assorted Cereals w/ Toast or WG Long John Hot Dog or BBQ Pork Rib <u>Eat your colors!</u> Baked Beans Mixed Fruit	Assorted Cereals w/ Toast or Sausage Egg McMuskie Homemade Chili w/ Crackers or BBQ Pork Rib <u>Eat your colors!</u> Celery w/ Peanut Butter Red Grapes	Assorted Cereals w/ Toast or Apple Frudel Pancakes w/ Sausage or BBQ Pork Rib <u>Eat your colors!</u> Tri-Taters Assorted 100% Fruit Juice	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings Cheese Nachos or (Melted Cheese & WG Chips) BBQ Pork Rib Cookie <u>Eat your colors!</u> Fresh Broccoli Assorted Fresh Fruit	

BREAKFAST - Offered daily: Assorted Fresh Fruit & 100% Juice LUNCH - Offered daily: Fresh Baby Carrots & Fresh Fruit, 1% White & Chocolate Skim Milk

EXTRA/SNACK MILK: extras, with a sack lunch from home and/or kindergarten or class snack milk are .55 for each carton for everyone

*ALERT: when peanut butter is served, ff ranch will be offered at Elementary Allergen schools

Please contact Alisha Eggers at 263-7223 or alisha.eggers@mcsdonline.org with comments or concerns

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER*

* Menu subject to change

