



MUSCATINE SCHOOLS (K - 8)

BREAKFAST & LUNCH*



SEPT

2018

*Menu subject to change

3	4	5	6	7
 We proudly ~ Feed the Muskies!!!	Assorted Cereal with Toast or Egg and Cheese Wrap Cheeseburger on Bun or Ham and Swiss Melt	Assorted Cereal with Toast or French Toast Sticks Mini Shrimp Poppers or Turkey and Cheese Melt	Assorted Cereal with Toast or Blueberry Muffin Grilled Chicken Wrap or Ham and Swiss Melt	Assorted Cereal with Toast or Egg and Cheese Sandwich Cheese Pizza or Turkey and Cheese Melt
	Eat your colors! Potato Wedges Mandarin Oranges	Eat your colors! Baked Beans Fresh Pears	Eat your colors! FFA Muskie Sweet Corn Apple Slices	Eat your colors! Glazed Carrots Pineapple Chocolate Chip Cookie
10	11	12	13	14
Assorted Cereal with Toast or WG Long John Mozzeralla Pizza Sticks with Marinara or Cheeseburger on Bun	Assorted Cereal with Toast or Breakfast Pizza Walking Taco with Beef or Breaded Chicken Sandwich	Assorted Cereal with Toast or WG Cinnamon Roll Orange Chicken with Brown Rice or Cheeseburger on Bun	Assorted Cereal with Toast or Egg and Cheese Wrap Mac and Cheese with Buttered Bread or Breaded Chicken Sandwich	Assorted Cereal with Toast or Mini Maple Pancakes Grilled Chicken Pita or Cheeseburger on Bun
Eat your colors! Steamed Broccoli Orange Slices	Eat your colors! Mixed Greens Salad Fiesta Bean and Corn Salsa Sliced Peaches	Eat your colors! Peas & Carrots Pineapple	Eat your colors! Steamed Corn Fresh Strawberries	Eat your colors! Mashed Potatoes & Gravy Grapes Apple Crisp
17	18	19	20	HOME COMING!
Assorted Cereal with Toast or WG Mini Donuts Crispy Chicken Nuggets or Pork Tenderloin on Bun	Assorted Cereal with Toast or Egg and Cheese Sandwich Crispitos or Chicken Quesadilla	Assorted Cereal with Toast or Yogurt Parfait Lasagna Roll-up with Garlic Breadstick or Pork Tenderloin on Bun	Assorted Cereal with Toast or Breakfast Pizza Teriyaki Chicken with Brown Rice or Chicken Quesadilla	Assorted Cereal with Toast or French Toast Sticks Pepperoni Pizza or Pork Tenderloin on Bun
Eat your colors! Cheesy Potatoes Fresh Pears	Eat your colors! Cheesy Broccoli Baked Beans Applesauce	Eat your colors! Mixed Greens Salad Melon	Eat your colors! FFA Muskie Sweet Corn Strawberries	Eat your colors! Green Beans Orange Slices Cherry Oatmeal Cookie
24	25	26	27	28
Assorted Cereal with Toast or Egg and Cheese Wrap Cheesy Nachos or Cheese Quesadilla	Assorted Cereal with Toast or Mini Maple Pancakes Chicken Sandwich or Hamburger on Bun	Assorted Cereal with Toast or Egg and Cheese Sandwich Hamburger Mac or Cheese Quesadilla	Assorted Cereal with Toast or Blueberry Muffin French Toast Sticks with Sausage or Hamburger on Bun	Assorted Cereal with Toast or Yogurt Parfait BBQ Pork on Bun or Cheese Quesadilla
Eat your colors! Fiesta Bean and Corn Salsa Mixed Greens Salad Applesauce	Eat your colors! Mashed Potatoes & Gravy Sliced Peaches	Eat your colors! Peas & Carrots Fresh Melon	Eat your colors! Tater Tots Fresh Strawberries	Eat your colors! Steamed Corn Mandarin Oranges Chocolate Cupcake

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

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