

Capitol West Academy

MCFI

K-8 Hot Lunch Menu



September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>NO SCHOOL - LABOR DAY</p> <p>MCFI CLOSED</p>	<p>4</p> <p>Orange Chicken Whole Grain Brown Rice Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>5</p> <p>Beef Nachos with Cheese, Shredded Lettuce and Tortilla Chips Taco Sauce Fiesta Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>6</p> <p>Chef's Salad with Romaine Lettuce, Turkey Ham, Cheese and Ranch Dressing and Whole Grain Breadstick Assorted Graham Cracker Or Kid's Classic Cheese Calzone with Marinara Dipping Sauce Romaine Salad with Ranch Dressing Seasonal Lunch Fruit Choice of Milk</p>	<p>7</p> <p>Shredded BBQ Turkey Sandwich On a Whole Grain Bun Steamed Green Beans Seasonal Lunch Fruit Choice of Milk</p>
<p>10</p> <p>Brunch for Lunch Chicken Sausage Patty, Egg and Cheese Breakfast Sandwich on a Whole Grain Biscuit Grape Jelly Sunset Sip Vegetable Juice Seasonal Lunch Fruit Choice of Milk</p>	<p>11</p> <p>Chicken Fajitas on a Whole Grain Tortillas Taco Sauce Refried Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>12</p> <p>Swedish Meatballs Whole Grain Pasta Crunchy Broccoli with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>13</p> <p>Grilled Chicken Sandwich on a Whole Grain Bun with BBQ Or Kid's Classic Breaded Chicken Patty Sandwich on a Whole Grain Bun with Ketchup Steamed Carrots Seasonal Lunch Fruit Choice of Milk</p>	<p>14</p> <p>Baked BBQ Chicken Leg Whole Grain Cornbread Steamed Corn Seasonal Lunch Fruit Choice of Milk</p>
<p>17</p> <p>Homemade Chili with Cheese Whole Grain Noodles WG Cheddar Goldfish Seasonal Lunch Fruit Choice of Milk</p>	<p>18</p> <p>Celebrate! NATIONAL CHEESEBURGER DAY!</p> <p>Cheeseburger on a Whole Grain Bun with Ketchup Baked Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>19</p> <p>Chef's Salad with Romaine Lettuce, Turkey Ham, Cheese and Ranch Dressing and Whole Grain Breadstick Assorted Graham Cracker Seasonal Lunch Fruit Choice of Milk</p>	<p>20</p> <p>Harvest Chicken Salad on a Whole Grain Bun Or Kid's Classic Whole Grain Chicken Nuggets with BBQ Sauce and Assorted Graham Crackers Steamed Corn Seasonal Lunch Fruit Choice of Milk</p>	<p>21</p> <p>WG Cheese Pizza Sticks with Marinara Dipping Sauce Baby Carrots with Ranch Seasonal Lunch Fruit Choice Of Milk Rice Krispies Treat</p>
<p>24</p> <p>Whole Grain Chicken Breast Fillet with BBQ Assorted Graham Cracker Baked Beans Seasonal Lunch Fruit Choice of Milk</p>	<p>25</p> <p>Meatball Sub with Mozzarella Cheese on a Whole Grain Bun Baby Carrots with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>26</p> <p>Homemade Meatloaf Whole Grain Dinner Roll with Margarine Assorted Graham Crackers Mashed Potatoes Seasonal Lunch Fruit Choice of Milk</p>	<p>27</p> <p>Grilled Chicken Romaine Salad with Ranch Dressing and Whole Grain Breadstick Or Kid's Classic Asian-Glazed Boneless Chicken Wings Pretzel Goldfish Crackers Romaine Salad with Ranch Seasonal Lunch Fruit Choice of Milk</p>	<p>28</p> <p>Brunch for Lunch Whole Grain Pancakes (2) with Syrup Chicken Sausage (1) Yogurt Cup Sunset Sip Vegetable Juice Seasonal Lunch Fruit Choice of Milk</p>

MILK FOR SCHOOL:
SKIM WHITE
LOW FAT WHITE
SKIM CHOCOLATE

This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE