

St. Marcus Lutheran School

MCFI

K-8 Hot Lunch



December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE *Water is always a choice MENU SUBJECT TO CHANGE			1 Italian Meatsauce over Bowtie Pasta WG Breadstick Fresh Cucumber Slices Seasonal Fruit Choice of Milk	2 WG Chicken Smackers BBQ Sauce Packet WG Cornbread Steamed Mixed Vegetables Seasonal Fruit Choice of Milk
5 WG Three Cheese Calzone Marinara Sauce (1/4 cup) Baby Carrots (1/2 cup) Seasonal Fruit Choice of Milk	6 Sweet and Sour Chicken over WG Brown Rice WG Dinner Roll Fresh Broccoli Bites Seasonal Fruit Choice of Milk	7 Homemade Beef and Bean Chili with Shredded Cheese WG Cheddar Goldfish Crackers WG Pretzel Breadstick Celery Sticks (1/2 cup) Seasonal Fruit Choice of Milk	8 Diced Chicken and Gravy Mashed Potatoes WG Blueberry Muffin Seasonal Fruit Choice of Milk	9 Cheeseburger on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk
12 Roasted Chicken Leg BBQ Sauce Packet WG Cornbread WG Cracker Steamed Corn Seasonal Fruit Choice of Milk	13 Beef Taco Meat with Shredded Cheese on WG Tortilla Taco Sauce WG Cracker Ranchero Beans Seasonal Fruit Choice of Milk	14 Domino's Cheese Pizza Baby Carrots Seasonal Fruit Choice of Milk	15 WG Chicken Patty on WG Bun Mayo Packet Fresh Broccoli Bites Seasonal Fruit Choice of Milk	16 Roasted Turkey with Gravy WG Biscuit Roasted Sweet Potatoes Seasonal Fruit Choice of Milk
19 Chicken Burrito Bowl Ranchero Chicken and Beans With Shredded Cheddar (1/2 oz) Over Cilantro Lime Rice WG Tortilla Chips Baby Carrots Seasonal Fruit Choice of Milk	20 WG Chicken Smackers (5) BBQ Sauce WG Mini Waffle Pouch Syrup Cup Yogurt Cup Roasted Sweet Potatoes Seasonal Fruit Choice of Milk	21 NO SCHOOL FLEX Learning Day	22 NO SCHOOL	23 NO SCHOOL / MCFI CLOSED
26 NO SCHOOL / MCFI CLOSED	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL

This institution is an equal opportunity provider.

11.22.2022