

September Menu MCS Cafeteria

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5 All of our specials are made from scratch, right here, on site.
Available Daily:						
6 Cheese pizza \$2.50 Meat pizza \$3.50	7	8 Chicken Caesar wraps with apple slices.	9 Shepherd's pie with a fresh baked roll.	10 Sausage on a bun with a salad.	11 BBQ chicken pizza with a salad.	12 We make our own dressings & sauces.
13 Fruit cups \$1.75 Fruit/yogurt \$2.00	14 Blueberry pancakes with ham.	15 Lasagna with a fresh baked roll.	16 Chicken fingers with a 1/2 cob of corn.	17 Sausage on a bun with a salad.	18 Calzones with a salad.	19 We use fresh ingredients that are often local and/or organic.
20 Salad \$2.50 Wraps \$4.00	21 Quesadillas with fresh veggies.	22 Chicken stir fry.	23 Spaghetti with garlic fingers.	24 Pulled pork on a bun with apple slices.	25 Taco pitas with a salad.	26 Ask us about our milk, water & juice prices.
27 Specials \$5.00 Combo \$6.25 includes special, drink & sweet.	28 French toast with fresh fruit.	29 Chicken pot pie.	30 Chicken bacon ranch wraps with fresh fruit	1	2	3 Check out our fresh baked sweets!!
4	5	NOTES				
		AASK				