

MCS Cafeteria Menu February 2016

Tuesday		Wednesday		Thursday		Friday	
2	Loaded Nachos <i>Made with all natural chicken, grass fed beef, or Kredl's own sausages, fresh veggies & organic chips.</i>	3	Grilled Cheese & Homemade chicken soup <i>Fresh baked bread from our bakery. Homemade soup using all natural chicken and local veggies.</i>	4	Pancakes & a meat side <i>Pancakes made from scratch, served with real maple syrup & a protien.</i>	5	Spaghetti & meatballs <i>Made using grass fed local beef, & our own made sauce is full of veg.</i>
9	Mac N Cheese <i>Made with 100% whole wheat pasta, 3 different kinds of cheeses & then baked in our ovens.</i>	10	Shephard's Pie <i>Made using grass fed beef and local veggies from the farm.</i>	11	Chicken Fingers <i>Made with all natural chicken, breaded in Panko and baked in our ovens.</i>	12	Chicken Quesadillas <i>Made with whole wheat wraps, all natural chicken and fresh peppers.</i>
16	Loaded Nachos <i>Made with all natural chicken, grass fed beef, or Kredl's own sausages, fresh veggies & organic chips.</i>	17	Breakfast Scramble <i>Free run eggs, scramble fried with Kredl's own sausages and fresh peppers.</i>	18	French Toast <i>Cinnamon swirl bread baked fresh in our bakery. Applesauce is made fresh on site.</i>	19	Cheeseburgers <i>Made using grass fed beef, buns from our bakery and fresh veggie stix.</i>
23	Chicken BBQ pizza <i>Made with all natural chicken, our own BBQ sauce & topped with roasted veggies.</i>	24	Lasagna served with garlic bread. <i>Made with 100% grass fed local beef, our sauce is full of spinach & fresh baked bread.</i>	25	Sloppy Joes <i>Made with 100% grass fed local beef, our own sauce and fresh baked buns.</i>	26	Grilled Cheese & Hamburg soup <i>Fresh baked bread from our bakery. Homemade soup using 100% grass fed local beef, & full of veggies.</i>