

October Menu MCS Cafeteria

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
Available Daily:				Grilled cheese & our own chicken noodle soup.	Hawaiian pizza served with a Caesar salad.	All of our specials are made from scratch, right here, on site.
4	5	6	7	8	9	10
Cheese pizza \$2.50 Meat pizza \$3.50	Quesadillas served with fresh veggies.	Pancakes with ham.	Chicken fingers & home fries.	PD day, no school	PD day, no school	We make our own dressings & sauces.
11	12	13	14	15	16	17
Fruit cups \$1.75 Fruit/yogurt \$2.00	Thanksgiving, no school	Egg & ham sandwich on a biscuit served with fresh fruit.	Enchiladas served with a Caesar salad.	Sloppy Joes served with veg. sticks.	Turkey poutine.	We use fresh ingredients that are often local and/organic.
18	19	20	21	22	23	24
Salad \$2.50 Wraps \$4.00	Breakfast Burrito served with fresh fruit.	Italian Meatloaf served with a Caesar salad.	Chicken pot pie.	Pulled Pork served with apple slices.	Lasagna served with a fresh baked roll.	Ask us about our milk, water & juice prices.
25	26	27	28	29	30	31
Specials \$5.00 Combo \$6.25 includes special, drink & sweet.	Chili served with a fresh baked biscuit.	Spaghetti served with garlic fingers.	Shepherd's pie.	Eyeballs served with fresh fruit.	Zombie Toast served with orange "pumpkins".	Check out our fresh baked sweets!!