



McDonald Co. R-I
School District
MCDONALD
COUNTY HIGH
SCHOOL
BREAKFAST &
LUNCH

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Patty 1 Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Fruit, Milk 2 Pork Roast Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Fruit, Milk 3 Green Central Salad Bar Soup and Sub Bar	1 Taco Salad 2 Black Beans Mandarin Oranges, Cowboy Cookie, Milk 2 Italian Sub Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 3 Green Central Salad Bar Wrap it up bar	1 Pita Pizza 3 Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 2 Parmesan Chicken Sandwich Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 3 Green Central Salad Bar Asian Nation Bar
1 Chicken Tenders 6 Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 2 BBQ Rib Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 3 Green Central Salad Bar When in Rome Bar	1 Cheeseburger 7 Fresh Garden Salad, Fresh Grapes, Jello, Milk 2 Super Nacho's Fresh Garden Salad, Fresh Grapes, Jello, Milk 3 Green Central Salad Bar General Chicken Bar	1 Chicken Patty 8 Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk 2 Meatloaf Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk 3 Green Central Salad Bar Soup and Sub Bar	1 Chicken Alfredo w/Italian Bread, 9 Green Beans, Chilled Pears, Fruit Crisp, Milk 2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp 3 Green Central Salad Bar BBQ Bar	1 Signature Pizza 10 Fresh Garden Veggies w/Dip Chilled Apricots, PB Monster Cookie, Milk 2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Apricots, PB Monster Cookie, Milk 3 Green Central Salad Bar Mexican Madness
1 3 Cheese Grilled Cheese 13 Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 2 BBQ Pork on a Bun Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 3 Green Central Salad Bar All American Hot Dog Bar	1 Tacos 14 Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 3 Green Central Salad Bar Italian Bar	15 Roast Turkey Mashed Potatoes w/Gravy Glazed Carrots, Pumpkin Square Opaa! Hot Roll, Milk Soup and Sub Bar	1 Biscuits and Gravy 16 Sausage, Potato Rounds Fresh Apple Slices, Milk 2 Trix Yogurt General Mills Frudel Fresh Apple Slices, Milk 3 Green Central Salad Bar Hamburger Bar	1 Gilardi's WG Pizza 17 Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk 2 Spicy Chicken Sandwich Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk 3 Green Central Salad Bar Wrap it up Bar
1 Sweet & Sour Shrimp 20 Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk 2 Popcorn Chicken Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk 3 Green Central Salad Bar BBQ Bar	1 Spaghetti w/ WG Bread Sticks, Green Beans, Fresh Orange Smiles, Jello, Milk 21 2 Pig in a Blanket Green Beans, Fresh Orange Smiles, Jello, Milk 3 Green Central Salad Bar Hamburger Bar	1 Chicken Patty 22 Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk 2 Meat Loaf Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk 3 Green Central Salad Bar Soup and Sub	23	24
27	28	29	30	31

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Our Menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.
Milk Served Daily:
1%, Skim, & Chocolate Skim
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Menus are subject to Change



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