



Mount Clemens Jr & High School March 2010 Lunch Menu

	Monday 03/01/10	Tuesday 03/02/10	Wednesday 03/03/10	Thursday 03/04/10	Friday 03/05/10
	Stuffed Baked Potato w/ Broccoli, Cheese and Bacon Fruit Cobbler	Baked Chicken Red Skins Potatoes California Blend Veggies Whole Wheat Dinner Roll	Scrambled Eggs w/ Crumbled Bacon & Shredded Cheese Home-style Grits Whole Wheat Pancakes w/ Warm Syrup Fresh Orange Wedges	Grilled Ham and Cheese Sandwich Soup Applesauce Cups	Roasted Turkey w/ Gravy Mashed Potatoes Seasoned Green Beans Cornbread Muffins
 Beef and Cheese nachos With Lettuce and tomato	Soft Shell Chicken Fajitas w/ Lettuce & Tomatoes Fiesta Rice Salsa Seasoned Corn Low Fat Milk	Beef Taco Salad	Spicy Turkey Taco Meat w/ Hard Shells Lettuce, Cheese and Tomatoes	Beef & Bean Chili w/ Tortilla Chips Fruited Jell-o	Beef & Cheese Enchiladas
 Fresh Homemade Plain and Pepperoni Pizza	Triple Decker Bean On a Whole Wheat Tostado w/ Salsa Toss Salad	Sausage & Green Pepper pizza	Stuff Crust Pizza w/ Pepperoni	Double Cheese Stromboli w/ Ham & Pepperoni Side Caesar Salad	Meat Lovers Pizza
 Turkey, Ham	Chicken Salad Wrap Chilled Applesauce	Buffalo Chicken Wrap Seasoned Corn Fresh Orange Wedges Low Fat Milk	Turkey Club on a Bagel Vegetable Pasta Salad Chilled Applesauce Low Fat Milk	Turkey & Cheese Wrap Toss Salad	Tuna Salad on a Croissant Chilled Pineapple
 Cheeseburger Spicy Chicken Patty Sandwich Hamburger Chicken Nuggets	Mozzarella Sticks w/ Marinara Sauce	Patty Melt on Grilled Rye w/ Sweet Potato Fries	Baked Chicken Wings Red Skin Potatoes	Chicken Philly w/ Grilled Peppers & Onions	Popcorn Shrimp Baked Potato Wedges
 Open Salad bar Daily	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad
 Fresh Food Fast- Packaged for Grab N' Go	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits



Menu item is made w/ whole grain



Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)



*Menu item is offered with the complete daily Balanced Choices® Meal



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	Monday 3/08/10	Tuesday 03/09/10	Wednesday 03/10/10	Thursday 03/11/10	Friday 03/12/10
	Foot Long Hot Dogs w/ Chili & Cheese Baked Potato Wedges Seasoned Broccoli & Cauliflower	No Lunches	No Lunches	Jr. High Only	Homemade Macaroni & Cheese Seasoned Green Beans Combread Muffins Apple Crisp
 Beef and Cheese nachos With Lettuce and tomato	Chicken & Cheese Quesadilla Mexican Corn Fresh Apple	No School	No School	Beef Hard Tacos	Beef & Bean Burrito w/ Fiesta Rice
 Fresh Homemade Plain and Pepperoni Pizza	Supreme Pizza	No School	No School	Meat Lovers Pizza	Cheese Stuffed Crust w/ Ham & Bacon
	Chicken Caesar Wrap	No School	No School	Italian Sub	Tuna Salad on a Croissant w/ Chilled Pineapple
 Cheeseburger Spicy Chicken Patty Sandwich Hamburger Chicken Nuggets	Bacon Cheese Burger w/ Baked Potato Wedges	No School	No School	Wing Dings	Fish & Chips
 Open Salad bar Daily	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad
 Fresh Food Fast- Packaged for Grab N' Go	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits



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	Monday 03/15/10	Tuesday 03/16/10	Wednesday 03/17/10	Thursday 03/18/10	Friday 03/19/10
	Popcorn Chicken w/ Mashed Potatoes & Gravy Seasoned Corn Fresh Coleslaw	Chicken Fajita w/ Salsa Seasoned Corn Fresh Apple	BBQ Chicken Homemade Potato Salad Corn on the Cob Fresh Whole Wheat Roll	Pasta W/ Italian Meat Sauce or Pasta w/ Alfredo Sauce Garlic Toast	Sweet & Sour Chicken w/ Steamed Rice or Fried Rice Seasoned Carrot Coins Chilled Pineapple
 Beef and Cheese nachos With Lettuce and tomato	Chicken Enchiladas Steamed Corn Italian Breadstick Fresh Pear	Beef Taco Salad	Chicken & Bean Burrito Fiesta Rice	Chicken & Cheese Quesadilla Fiesta Rice Mexican Corn	Soft Shell Taco's w/ Chicken & Cheese w/ Cheesy Potatoes
 Fresh Homemade Plain and Pepperoni Pizza	Double Pepperoni Pizza	Hawaiian Pizza	Meat Lovers Pizza	Rolled Pizza w/ Pepperoni & Ham	Supreme Pizza
	Southwest Roast Beef Wrap w/ Homemade Potato Salad	Chicken Caesar Wrap Chilled Pineapple	Corn Beef & Swiss Cheese Homemade Cole Slaw Fresh Orange Wedges	Italian Sub w/ Vegetable Pasta Salad	Tuna Salad on a Croissant w/ Dill Pickle
 Hamburger Spicy Chicken Patty Sandwich Chicken Nuggets	Ham & Cheese on a Grilled Bagel Side of Seasoned Corn	Mozzarella Sticks w/ Marinara Sauce	Baked Wing Dings w/ Blue Cheese Sauce Mini Corn on the Cob	Spicy Chicken Tenders w/ Sweet Potato Fries	Popcorn Shrimp Hush Puppies
 Open Salad bar Daily Spring Greens w/ Chicken Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad
 Fresh Food Fast- Packaged for Grab N' Go	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits



Mount Clemens Jr & High School March 2010 Lunch Menu

	Monday 03/22/10	Tuesday 03/23/10	Wednesday 03/24/10	Thursday 03/25/10	Friday 03/26/10
	Meat Loaf Mashed Potatoes w/ Gravy Seasoned Broccoli Whole Wheat Dinner Roll 	Grilled Ham & Cheese Mac & Cheese Soup	Teriyaki Meatballs Roasted Red Skin Potatoes Seasoned Green Beans Whole Wheat Roll	BBQ Pork Ribbies Cheesy Macaroni Seasoned Corn Homemade Cole Slaw Dinner Roll	Carolyn's Fried Chicken Scalloped Potatoes Mixed California Blend Veggies Fresh Breadstick
 Beef and Cheese nachos With Lettuce and tomato	Balanced Choice Chicken Echaladas Italian Breadstick Steamed Corn Fresh Pear Low Fat Milk	Beef Hard Taco's w/ Lettuce & Cheese	Chicken & Bean Burrito	Beef Chili w/ Cheese, Green Onion & Sour Cream Cornbread Muffin	Balanced Choice Chicken & Cheese Quesadilla Fiesta Rice Mexican Corn Low Fat Milk
 Fresh Homemade Plain and Pepperoni Pizza	Hawaiian Pizza	Supreme Pizza	Stuffed Crust Pizza w/ Bacon & Ham	Chicke Parmesan Pocket Celery Sticks	Meat Lovers Pizza Fresh Pears
	Turkey & Cheese Wrap Vegetable Pasta Salad Chilled Peaches	Turkey BLT Wrap Chilled Applesauce	Balanced Choice Turkey Club Bagel Vegetable Pasta Salad Chilled Applesauce Low Fat Milk	Chicken Salad Wrap Chilled Pineapple	Tuna Salad on a Croissant
 Hamburger Spicy Chicken Patty Sandwich Chicken Nuggets	Double Bacon Cheese Burger w/ Baked Tater Tots	Philly Steak & Cheese w/ Grilled Pepper & Onions	Buffalo Chicken Wrap	Balanced Choice Chicken Ranchero Wrap Seasoned Corn Fresh Apple Low Fat Milk	Fish & Chips
	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad	Chicken Taco Chicken Caesar Chef Salad Cobb Salad Tossed Salad
 Fresh Food Fast- Packaged for Grab N' Go	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits	Packaged Salad and Box Lunch of the day Yogurt Parfaits