






October 2022 Monroe Central Jr/Sr High School



MC Golden Bears



3 Chicken Tenders Green Beans Fresh Veggies Fruits & Milk	4 Beef Nachos Refried Beans Fresh Veggies Fruits & Milk	5 Sausage Patty/Gravy Biscuit / Potatoes Fresh Veggies Fruits & Milk	6 Chicken Filet /WG Bun Steamed Broccoli Fresh Veggies Fruits & Milk	7 Pizza Steamed Corn Fresh Veggies Fruits & Milk
10 	11	12	<i>ENJOY YOUR FALL BREAK</i>	
17 Cheesy Breadsticks w/Marinara Sauce Steamed Carrots Fresh Veggies Fruits & Milk	18 Rotini w/Meat Sauce Garlic Bread Green Beans Fresh Veggies Fruits & Milk	19 Chicken & Noodles Mashed Potatoes/Roll Fresh Veggies Fruits & Milk	20 Cheese Quesadilla Salsa / Side Salad Fresh Veggies Fruits & Milk	21 Ham Sandwich Baked Beans Fresh Veggies Fruits & Milk
24 Mc Rib /WG Bun Steamed Broccoli Fresh Veggies Fruits & Milk	25 School Pizza Side Salad Fresh Veggies Fruits & Milk	26 Salisbury Steak Cornbread/Fresh Veg Mashed Potatoes Fruits & Milk	27 Sloppy Joe /WG Bun Baked Beans /Chips Fresh Veggies Fruits & Milk	28 Chicken Patty/WG Bun Sweet Potato Fries Fresh Veggies Fruits & Milk
31 Hamburger /WG Bun French Fries Fresh Veggies Fruits & Milk				

A PEANUT BUTTER SANDWICH OR CHEF SALAD WILL BE OFFERED DAILY INSTEAD OF THE MAIN ENTREE

Be sure to stop in and eat breakfast each morning. Prices are \$0.30 for Reduced Eligibility and \$1.25 for Paid Eligibility.

Lunch prices are \$0.40 for Reduced Eligibility and \$2.30 for Paid Eligibility.

Menu item(s) are subject to change if item(s) are unavailable.

Fresh Fruits, Veggies and Juices choices