

### GREENWAVE SUNSHINE BREAKFAST

Week 1 Monday	Tuesday	Wednesday	Thursday	Friday
Biscuit & Gravy	Breakfast Pizza	Sausage/egg/cheese	French Toast	Fruit Muffin
or	or	on english muffin or	sticks w/syrup or	or
Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly
Week 2 Monday	Tuesday	Wednesday	Thursday	Friday
Egg, sausage, &	Waffle Sticks	Biscuit & Gravy	Sausage/egg/cheese	Cinnamon Raisin
Toast w/jelly or	w/syrup or	or	on english muffin or	Biscuit or
Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly
Week 3 Monday	Tuesday	Wednesday	Thursday	Friday
Sausage/egg/cheese	Chocolate Chip	Egg, sausage, &	Biscuit & Gravy	Breakfast Pizza
on english muffin or	Muffin or	Toast w/jelly or	or	or
Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly	Cereal/toast/jelly

Plus your choice of one fresh fruit or juice daily.  
Cereal varieties: Cinnamon Toast Crunch (M&Th), Cocoa Puffs (W), Frosted Flakes (Tu&Fr), & Cheerios (M-F)

Children who are hungry find it difficult to stay alert and participate in their classroom experiences. The School Breakfast Program helps close the "readiness gap" with nutritious food in a cost-effective manner before classes begin. Breakfast is offered in ALL schools.

### SUB - SALAD - SIDE ITEMS SHOP (Cycle repeated weekly)

Monday	Tuesday	Wednesday	Thursday	Friday
Ham or Turkey Sub	Ham or Turkey Sub	Ham or Turkey Sub	Ham or Turkey Sub	Ham or Turkey Sub
Subs comes with lettuce, tomato, pickle, plus your choice of one fruit & 1/2 pt. milk or juice & chips.				
Garden Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
w/Cheese	w/Turkey & cheese	w/Tuna salad	w/Popcorn chicken	w/Turkey & cheese

All salads come with crackers and ranch dressing, plus your choice of one fruit & one -- 1/2 pint of milk or juice. Sub and salad cycles repeated weekly.

(Located through the serving line door next to the cafeteria windows.)

### MCHS BURGER BOX (Cycle repeated weekly)

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger	Chicken Pattie	Hamburger	Chicken Pattie	Hamburger

Plus your choice of pickle, lettuce & tomato, plus one fruit & one 1/2 pint drink.  
All Burger Box meals served with french fries or other oven baked potato product.

(Located through the serving line door next to the school hallway.)

### 1ST WEEK MAIN LINE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Stuffed bread sticks w/Marinara sauce	Country fried steak w/Dinner Roll	Cheese Pizza	Nachos	Popcorn chicken w/Bread stick
<b>Choice of 2:</b> Green beans Carrot sticks Orange -- Applesauce	<b>Choice of 2:</b> Mashed potatoes Vegetable medley Apple -- Peaches Cookie	<b>Choice of 2:</b> Garden Salad Cooked carrots Pineapple -- Pears	<b>Choice of 2:</b> Celery sticks Corn Mixed Fruit -- Banana & Cookie	<b>Choice of 2:</b> Potato wedges Peas Pears -- Orange

Plus your choice of one 1/2 pint drink.

### 2ND WEEK MAIN LINE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni Pizza	Shredded pork barbecue on bun	Taco salad w/tortilla chips	Stuffed bread sticks w/Marinara sauce	Marinara Meatball Sub on a bun
<b>Choice of 2:</b> Garden salad Celery sticks Orange -- Applesauce	<b>Choice of 2:</b> Mashed potatoes Peas Pineapple -- Apple -- Cookie	<b>Choice of 2:</b> Lettuce/Tomato Corn Mixed fruit -- Banana	<b>Choice of 2:</b> Green beans Cooked carrots Pears -- Apple Cookie	<b>Choice of 2:</b> Potato wedges Vegetable medley Peaches -- Orange

Plus your choice of one 1/2 pint drink.

### 3RD WEEK MAIN LINE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Quesadilla w/Salsa	Country Fried Steak w/Dinner roll	Sausage Pizza	Taco Salad w/tortilla chips	Spaghetti w/meatsauce
<b>Choice of 2:</b> Broccoli w/cheese Carrot sticks Apple -- Peaches	<b>Choice of 2:</b> Mashed potatoes Peas Applesauce -- Orange & Cookie	<b>Choice of 2:</b> Garden salad Vegetable Medley Pineapple -- Apple	<b>Choice of 2:</b> Lettuce/Tomato Corn Mixed fruit -- Banana & Cookie	<b>Choice of 2:</b> Green beans Pears -- Apple Dinner roll

Plus your choice of one 1/2 pint drink.

(Main line located on the same line through the serving door next to the Sub-Salad line door --third door from the cafeteria windows.)

**All Menus are subject to change without notice to availability of food items.**

### AUGUST '07

M	T	W	R	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

### JANUARY '08

M	T	W	R	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

No school on dates without background color.

### SEPTEMBER

M	T	W	R	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

### FEBRUARY

M	T	W	R	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

### OCTOBER

M	T	W	R	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

### MARCH

M	T	W	R	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

### NOVEMBER

M	T	W	R	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

### APRIL

M	T	W	R	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

### DECEMBER

M	T	W	R	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

### MAY

M	T	W	R	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30