

# MACS Lunch Menu 2019-2020

\*Gluten Free  
Items



| Monday                |        |
|-----------------------|--------|
| Caesar Salad          | \$2.00 |
| *Broccoli             | \$1.75 |
| Meatball              | \$2.25 |
| Chicken Parmigiana    | \$4.25 |
| Penne Butter w/Roll   | \$4.00 |
| Cheese Ravioli w/Roll | \$4.50 |
| Penne Alfredo w/Roll  | \$4.25 |
| *Garden Salad         | \$2.25 |
| *Grilled Chicken      | \$4.00 |



## Wednesday

|  |        |
|--|--------|
| Chicken Pot Pie Soup                         | \$3.25 |
| *Chef Salad (lettuce,turkey,cheese,cucumber) | \$4.00 |
| Meatball Sub                                 | \$4.25 |
| Mac & Cheese                                 | \$3.35 |
| *Cucumbers & Ranch                           | \$2.25 |
| Pepperoni Pizza Sub                          | \$4.35 |
| Hot Ham/Cheddar Sub                          | \$4.10 |
| Hot Turkey/Cheddar Sub                       | \$4.10 |
| *Turkey, Cheese, Pickles, Grapes Plate       | \$4.50 |
| Sugar Cookie                                 | \$2.25 |



## Friday

|   |        |
|---|--------|
| Cheese Pizza Slice                              | \$2.60 |
| Personal Pan Cheese Pizza                       | \$4.40 |
| Caesar Salad                                    | \$2.00 |
| Garden Salad                                    | \$2.00 |
| 3 Cheese Howie Roll/Side Sauce                  | \$2.75 |
| *Cucumbers, Cheese Stick, Carrots w/Ranch Plate | \$2.55 |
| Bread Sticks                                    | \$2.00 |
| *Personal Gluten Free pizza                     | \$5.25 |



## Tuesday

|                                  |        |
|----------------------------------|--------|
| Chick-fil-A Sandwich             | \$4.10 |
| 4 Pack Nuggets                   | \$2.40 |
| Chick-n-minis                    | \$3.15 |
| *Salad (w/Grilled Chicken/Fruit) | \$4.60 |
| ½ Grilled Chicken Wrap           | \$3.30 |
| Chicken Soup                     | \$3.60 |
| *Fresh Fruit Cup                 | \$2.90 |
| Greek Yogurt Parfait             | \$3.70 |
| Mac & Cheese                     | \$3.35 |



## Thursday

|  |        |
|--|--------|
| Cheeseburger                                 | \$3.45 |
| Chicken Tenders                              | \$3.25 |
| Mac & Cheese                                 | \$3.35 |
| Honey BBQ Boneless Wings                     | \$2.60 |
| *Baked Potato                                | \$3.30 |
| BBQ Pork Sandwich                            | \$3.50 |
| Hot Dog (All Beef)                           | \$2.50 |
| Grilled Cheese Sandwich                      | \$3.25 |
| Grilled Chicken Plate                        | \$5.00 |
| (chicken tenders, green beans, mac & cheese) |        |
| Grilled Chicken Soft Taco                    | \$3.25 |
| Cheese Quesadilla                            | \$3.00 |
| *Garden Salad                                | \$2.50 |

## Daily Items

|                          |        |
|--------------------------|--------|
| Milk                     | .50    |
| Water                    | \$1.50 |
| Juice                    | \$1.50 |
| Snacks                   | \$1.50 |
| Ice Cream                | \$1.50 |
| Fruit cups / Apple Sauce | \$1.50 |