



MCGREGOR ELEMENTARY LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
STUDENT HOLIDAY	4 S-SLOPPY JOE ON W/G ROLL S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G - SEAS. GREEN BEANS G-MASHED POTATOES G - STEAMED BROCCOLI G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	5 S - FRITO PIE S - STEAK FINGERS S - CORNBREAD G-REFRIED BEANS G-ROMAINE/SPINACH SALAD G - W/K CORN G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	6 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	7 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G-CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
10 S - CHICKEN ON BUN S- BBQ CHICKEN G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - SEAS. GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	11 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	12 S - BEEF ENCHILIDAS S - STEAK FINGERS Crackers W/G G-ROMAINE/SPINACH SALAD G-REFRIED BEANS G-MASHED POTATOES G-CELERY STICKS G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	13 S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G - SEAS. GREEN BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	14 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
17 S-PEPPERONI PIZZA WEDGE S - HOT DOG Crackers W/G G - BAKED BEANS S - AU GRATIN POTATOES G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	18 S - LASAGNA W GRND BEEF S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	19 S-BEEF TACO S - STEAK FINGERS G- WHOLE G RAIN ROLL G - W/K CORN G - SEAS. PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	20 S-SALISBURY STEAK S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - SEAS. GREEN BEANS G - CARROT STICKS G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	21 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S - POTATO ROUNDS G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO G-CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
24 S- CHEESE PIZZA S - CORN DOG G-ROMAINE/SPINACH SALAD G-CARROT COINS G-CELERY STICKS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	25 S-SLOPPY JOE ON W/G ROLL S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G - SEAS. GREEN BEANS G-MASHED POTATOES G - STEAMED BROCCOLI G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	26 S - FRITO PIE S - STEAK FINGERS S - CORNBREAD G-REFRIED BEANS G-ROMAINE/SPINACH SALAD G - W/K CORN G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	27 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G- WHOLE G RAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	28 S - HAMBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G - CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.htm, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.